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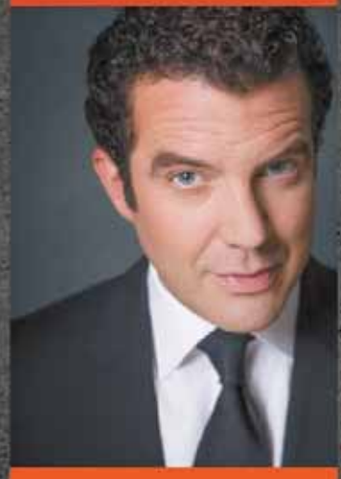
RICK MERCER REPORT



8pm

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8:30pm

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9pm

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9:30pm

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Toronto metro

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Huge increase in advance polls

ELECTION 2015

Millions vote early, rise of 34 per cent

Gilbert Ngabo
Metro | Toronto

Lines could be spotted at advance polling stations across Toronto Monday, as residents celebrated Thanksgiving by voting.

The final numbers won't be available until late Tuesday, but Elections Canada said advance voting is up at least 34 per cent compared to the 2011 election.

Whether that means change won't be known until the big day, but there was a big appetite for Thanksgiving voting.

Ayeasha Aktasher brought her 19-year-old son, Salman Rahman, to the polls as a holiday gift.

"He has class on Oct. 19, so I thought bringing him to vote today was a good experience," she said after the pair cast their ballots at the George Brown campus. "It is our duty to make our voices count, and to elect a good leader who can get us more job opportunities."

Rahman doesn't quite share his mother's enthusiasm. Even after casting his first federal vote, the second-year University of Toronto student has yet to feel the enjoyment of fulfilling his civic duty.

"It kind of feels odd voting," he said. "As an engineering student I don't know much about politics."

The two were among the millions of Canadians who cast early ballots over the long weekend.

"It seems to be slower this year," said Jane Coughlan, a high school teacher in North York who always votes early. On Monday, the entire process took her about 25 minutes.

"I found it to be more formal and more rigorous with oaths and swearing, which is a good thing too," she said.

Second-time voter Jose Garcia said voting early gives him a peace of mind.

"You want to do it early because you don't know what happens next week," he said.

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metro NEWS

Your essential daily news

The impact of federal parties' promises on voters' wallets **Business**

Blue Jays SUPERFANS

Matt Verkuyl, Andrew Ellis and Ryan Walton

ABOUT THOSE HELMETS: Won in Niagara Falls
FAVOURITE PLAYERS: Edwin Encarnacion, 1993 World Series hero Joe Carter, Kevin Pillar

It's safety first for these three, who came to the Birds' Nest at Nathan Phillips Square in helmets.

"They were perfect for Jays Nation coming down here, so we wanted to deck them out, and wear them down to the Jays game," explained Walton.

They're big fans of Kevin Pillar, and agree watching "Superman" dive for the ball is their favourite thing about the team. Collectively, their favourite part is wearing their powder blue helmets together.

"We got the helmets on, everyone's loving us, we're representing," Ellis said.

The team's play makes Ferah Merani happy. LIZ BEDDALL/METRO

Baseball faithful enjoy the moment

JAYS 2015

Nathan Phillips Square place to be for Game 4

Steven Goetz
Metro | Toronto

Hundreds of Blue Jays fans gathered in Nathan Phillips Square — dubbed the "Birds' Nest" by Mayor John Tory — to give thanks for a season that just keeps giving.

The do-or-die Game 4 against the Texas Rangers had many in the crowd feeling a nervous tension, their beloved team one loss away from elimination.

But not David Hong, 10, who came with his dad. "I knew they would catch up in Texas," he said, grinning from ear to ear. "I have almost no voice left from cheering so loud."

Leaning against a railing at the back of the crowd, Adam McNeil and John Honeyford clapped after the Jays turned a clean double play.

"He thought they were doomed after the first two games, but I told him to have faith," McNeil said.

"I was nervous," Honeyford admitted.

While the crowd atmosphere was appealing, they admitted the real reason they were there: "We don't have cable," McNeil said.

Jamil Ayani and Amalia Galanis cheer as Toronto scores a run. LIZ BEDDALL/METRO

Jeff Carroll and Sarah Lyons listened to the start of the game on the radio as they drove back from Thanksgiving dinner, opting to head straight to the square with the Jays holding a commanding 7-1 lead.

Carroll is originally from Atlanta, where the Jays beat the Braves to win the 1992 World Series.

"I remind him every day," Lyons said.

"She does," he agreed.

With two outs in the bottom of the ninth, the crowd was on their feet, cheering every pitch from 20-year-old reliever Roberto Osuna.

The crowd began clapping in unison before the final pitch, pausing briefly as Delino DeShields hit the ball into right field.

As Jose Bautista caught the fly to win the game, the tension of the Jays' two-game deficit was finally released in an explosion of cheers.

Raphael Romeral clapped and laughed with a woman he had never met, who was dancing and singing the team anthem, OK Blue Jays.

He and his girlfriend raced over to the square from a nearby bar to take in a sight rarely seen in this city: a celebration of playoff success by a home team.

"I thought it would be the Raptors and Leafs all over again after Game 2, but we came through," he said.

And just like that, the square was empty but for crews picking up garbage, as the Jays headed back to Toronto to play Game 5 at Rogers Centre on Wednesday, the city's dreams of playoff glory returning with them.

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Johnny Au edits the Jays' wiki page for 10 to 14 hours a week. TORSTAR NEWS SERVICE

The Jays' own wiki warden

The Blue Jays have many people to be thankful for. Johnny Au is probably not the most well-known name on that list.

Au, 25, has the distinction of being the top editor for the Jays' Wikipedia page. Though anyone can edit Wikipedia, few choose to do it as regularly or often as Au. The edits are logged on the website but hidden.

"I prefer to be anonymous, doing things under the radar," he said.

Au spends an average 10 to 14 hours a week ensuring the Blues Jays and other Toronto-focused Wikipedia entries are up-to-date and error-free. He's made 492 edits to the Blue Jays page since he started in 2007.

The Wikipedia page for the Blue Jays has gotten just shy of 70,000 views in the past 30 days. The day after the team clinched the AL East division on Sept. 30, the page got a record 8,400 views.

All that attention means people have been trying to leave their mark on the page. Many added their own comments to the page, sometimes just vandalizing it with obscene comments.

And Au is usually there, waiting. TORSTAR NEWS SERVICE

Decipher these digits

When Jose Bautista crossed home plate after a home run in Game 1 of the playoffs, he threw his hands in the air — one thumb to forefinger and other fingers extended. It wasn't some kind of A-OK signal to the gods; it was a sign of respect for teammates Josh Donaldson and Marcus Stroman. Throughout the season, the Jays have developed a kind of sign language among themselves that those on the outside only partially understand. Here's what we know.

JAYS 2015

Jessica Smith Cross
Metro | Toronto

THE SIX

That sign Bautista made during Game 1 was actually created by Josh Donaldson and Marcus Stroman. It represents The Six, a salute to Toronto rapper Drake — and Stroman, whose jersey number is six.

STIR THE POT

In the middle of a celebratory moment, you'll see the Jays — and some of their fans — twirl a finger around an invisible pot they're pretending to hold. They're not the only professional athletes to do it, and its exact meaning is somewhat mysterious. When White Sox infielder Gordon Beckham was asked about it, he responded, "Yeah it's, unfortunately, none of your business, but you can make your own assumptions." Online, a popular explanation is it's a reference to rapper Chedda Da Connect's song Flicka Da Wrist.

CAN'T SEE ME

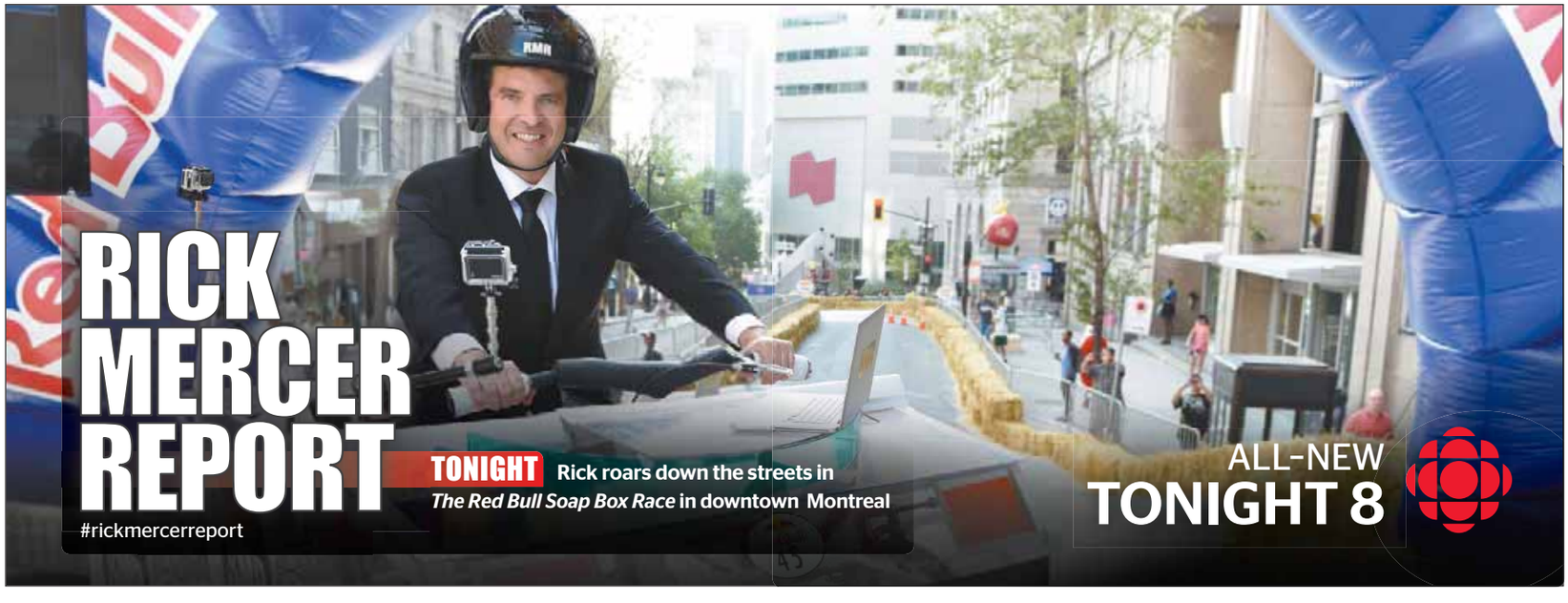
After catching a deep fly ball and throwing a Yankee out at home plate, Bautista mimicked WWE wrestler John Cena's "You can't see me" move, waving a hand in front of his face. It seems to have caught on. Munenori Kawasaki did it to Bautista after his home run during Game 1 and during the team's booze-soaked celebrations after clinching the division title.

Josh Donaldson throws up the mighty Six. THE CANADIAN PRESS

EDWIN'S EDWING

Edwin Encarnacion, one of the Jays' biggest hitters, lifts his right elbow as he runs the bases after a homer. It's called his Edwing or "walking the parrot," and he's been doing it since hitting a grand slam in 2012.

Edwin Encarnacion's Edwing. THE CANADIAN PRESS



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— Steeve R., Markham

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POLICE

Student dies after crash

A Western University student from Scarborough has died in hospital after she was hit by a vehicle on the London, Ont. campus.

Andrea Christidis, 18, was walking around 11:30 p.m. Wednesday when a vehicle jumped the curb and hit her. Jared DeJong, 24, faces three charges, including impaired driving causing bodily harm.

TORSTAR NEWS SERVICE

BRAMPTON

Man in critical condition after stabbing Sunday night

A 26-year-old man is in critical condition after he was stabbed multiple times in Brampton late Sunday night.

Peel police say the stabbing took place around 10:15 p.m. in the parking lot of a Tim Hortons at the Shoppers World mall, near Steeles Ave. W. and Highway 10.

The victim was rushed to a local trauma centre Toronto where he has since been stabilized. He is expected to survive, according to police.

Police are looking for three suspects in connection with the stabbing.

The first is a black male, between 20-25 years old, with short black hair. He was wearing a white shirt, a black sweater and pants, and white shoes.

The other two suspects are both described as black females between 18 and 22 years old with long black hair. One was wearing a grey sweater and grey pants while the other had blue jeans and a grey shirt on.

Anyone with information is asked to contact Peel police division 22 at 905- 453-3311, ext. 2200 or Crime Stoppers at 1-800-222-8477 (TIPS).

TORSTAR NEWS SERVICE

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Sign war is a mystery

YORK CENTRE

Poll has Adler leading Levitt by a single percentage

Luke Simcoe
Metro | Toronto

There's an election sign war under way in York Centre, but no one knows who's waging it.

A pile of stolen signs for Liberal candidate Michael Levitt was discovered outside incumbent Conservative Mark Adler's office Sunday, prompting criticism from the Liberal camp.

"I'm very disappointed that some individuals do not respect the democratic process," Levitt said in a statement. "York Centre residents deserve better."

The riding is one of the tightest races in the city. A recent Forum poll had Adler leading Levitt by a single percentage point — well within the margin of error — meaning the vote will likely come down to the wire on Oct. 19.

Adler's campaign manager, Georganne Burke, had no idea how the signs ended up in front of her office, but she denied the Conservatives or their supporters were involved.

"We did not take anyone's signs. We don't do that," she said.

Burke told Metro the Adler campaign has a zero tolerance policy for anyone caught interfering with election signs.

"A voter is speaking when they put a sign on their lawn," she said. "If you interfere with that by vandalizing or stealing those signs, it's as if you're putting duct tape over their mouth."

Vandals have also targeted Conservative signs, Burke said. Just the other night, she said a number Adler's signs were cut in half or removed along Wilson Heights Boulevard.

"It's been a problem every single campaign," she said. "I don't think it's random. I think it's a strategy being used by some campaigns. Maybe it's the NDP, maybe it's the Liberals and maybe it's the Greens. I don't know."

It's not the first sign kerfuffle in the riding this election. In August, Adler was criticized for putting up signs noting his father was a Holocaust survivor.

Signs for York Centre Liberal candidate Michael Levitt were found outside rival Conservative Mark Adler's office. REDDIT

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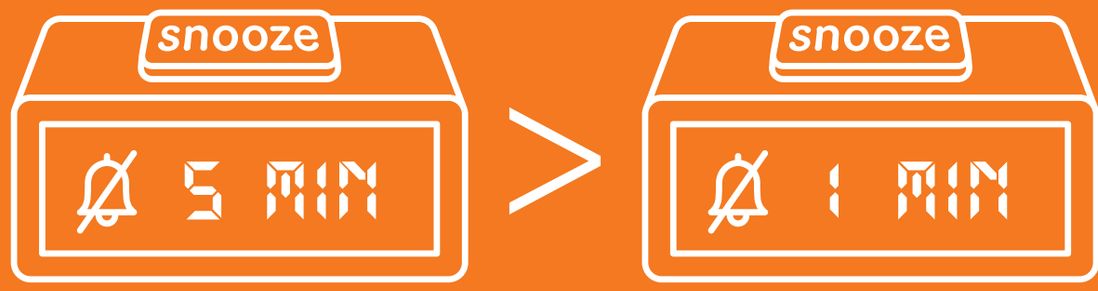

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JUSTICE

Jury selection process flawed: Lawyers

The form sent to prospective jurors in Ontario contains inaccurate instructions that could lead to ineligible people sitting on juries, The Canadian Press has discovered.

Lawyers say the problem raises concerns about jury selection.

"There's a real risk that potential jurors are misled and that some who are actually ineligible ... may not be weeded out in the course of the jury-selection process,'' said lawyer Brian Gover, who has also been a prosecutor.

Juror notices state that anyone convicted of a criminal offence is, in most cases, barred from serving on a jury. However, instructions list more than two dozen offences that do not lead to disqualification.

"If you have been convicted of an offence listed below, you may still be eligible for jury duty," the instructions for Question 6 state.

The list includes offences from engaging in a prize fight and trespassing at night, to being nude in public place or committing an indecent act.

It also includes three so-called hybrid offences: impersonating a police officer; committing an indecent act; and making indecent or repeated phone calls.

It is these three hybrid offences on the list that are the problem. Ontario's Juries Act excludes anyone convicted of hybrid offences from jury duty.

As a result, legal experts say jury panels created on the basis of the questionnaire could be tainted.

"That list is inaccurate. It's flat out wrong in at least three instances,'' said longtime criminal lawyer Tony Bryant.

"That would mean some jurors, quite inadvertently, may well have filled out that form thinking that they are eligible — but they are in fact not eligible.''

Notified about the problem, the Attorney General Ministry said it would be making changes. THE CANADIAN PRESS

Sports-themed paintings like this one used to create murals are going up for auction. TORSTAR NEWS SERVICE FILE

Bid for a bit of Pan Ams

AUCTION

Organizers sell last remaining items from 2015 Games

Gilbert Ngabo
Metro | Toronto

Remember the Pan Am Games?

They ended a couple of months ago, but, if you're big on memorabilia, you can still bask in the glow.

The Pan Am auction — running at GovDeals.com — is entering its final push with organizers racing to clear a warehouse where everything from televisions to paintings has been in storage.

"We didn't want to flood the auction sites with a thousand televisions at the same time," said Bill Zakarow, head of procurement for Toronto 2015.

"Our strategy was to make sure we clear the warehouse by the end of October, and we hope we'll be through by that time."

Hundreds of items have been sold, and many others have been donated. Thousands of comforters from Athletes Village were sent to Dominica to help people affected by tropical storm Erika, and about 400 backpacks were sent to a girls' school in Tanzania where most children use plastic bags to carry their school items.

The last batch of items bound for auction includes various paintings commissioned for the Games, and they're expected to go quickly.

The auction is expected to bring in an estimated $2.5 million to help offset the cost of the Games, with any surplus returned to the province.

ON THE BLOCK

Among the items left over from the Games that have already sold:

- 70 Muskoka chairs
- 150 washer-dryer sets
- 245 refrigerators
- 1,075 bean bag chairs
- 6,900 folding tables
- 21,000 folding chairs

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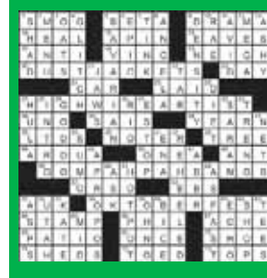

2	8	4	1	9	7	5	3	6
9	7	3	6	8	5	2	4	1
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8	4	7	9	1	6	3	2	5
1	6	2	5	7	3	8	9	4
5	3	9	2	4	8	1	6	7
4	5	8	3	6	9	7	1	2
7	9	6	8	2	1	4	5	3
3	2	1	7	5	4	6	8	9

Difficulty Level ★★★

Congratulations to our 2015 Community Fund partners

Bell is pleased to announce the 55 recipients of the Bell Let's Talk Community Fund for 2015.

Every year, the Bell Let's Talk Community Fund awards $1 million in grants to community-based organizations working to increase access to care for Canadians living with a mental illness. Launched in 2011, the Fund has now provided $5 million in grants to more than 270 grassroots groups in every region of Canada, each making a real difference in the mental health and wellbeing of their communities.

In September, we renewed the Bell Let's Talk mental health initiative for a further 5 years and increased Bell's total financial commitment to Canadian mental health to at least $100 million.

To learn more about the Bell Let's Talk Community Fund and how to apply for a grant in 2016, please visit the Community Fund section of bell.ca/letstalk.

2015 Bell Let's Talk Community Fund Recipients

Atlantic Wellness Community Center

Association Bénévole Amitié

Association canadienne pour la santé mentale – filiale du Bas-du-Fleuve

Association Lavalloise de parents et amis pour le bien-être mental (ALPABEM)

Canadian Mental Health Association – Cariboo Chilcotin Branch

Canadian Mental Health Association – Simcoe County Branch

Canadian Mental Health Association – Winnipeg Region

Canadian Mental Health Association – Vancouver Fraser Branch

Carrefour jeunesse-emploi d'Abitibi-Est

Centre périnatal Le Berceau

Centre St-Pierre

CIPTO-LAB (Centre d'intervention et prévention en toxicomanie, point de service le LAB)

Children's Health Foundation

Communauté Nazareth

East Hants Family Resource Centre

Elizabeth Fry Society of Ottawa

Entraide Saint-Michel

Fédération des familles et amis de la personne atteinte de maladie mentale (FFAPAMM)

Fondation de l'Université de Sherbrooke

Fondation Marie-Vincent

Fondation Portage

Fondation Sainte-Croix/Heriot

Inuit Tapiriit Kanatami

JEVI Centre de prévention du suicide – Estrie

Joseph Brant Hospital Foundation

Kindercare Foundation

La Fondation de ma vie

L'Arrêt-Source

La Maison du Père

Lanark County Mental Health – Perth and Smiths Falls District Hospital

Le Pont de Rouyn-Noranda

L'Envolée, ressource alternative en santé mentale

Lutherwood

Maison L'Éclaircie

Maison L'Éclaircie de Montréal

Malvern Family Resource Centre

Mental Health Association of Yukon

New Path Youth and Family Services

Newfoundland and Labrador English School District

Nexus Youth Services

Northern Ontario School of Medicine

Okanagan Boys and Girls Clubs

Ontario Shores Foundation for Mental Health

Parents' Lifelines of Eastern Ontario

Parkdale Activity-Recreation Centre

PECH

Schizophrenia Society of Alberta

Schizophrenia Society of Ontario

St. Michael's Hospital

Suicide Prevention Resource Centre

Take a Hike Youth At Risk Foundation

Toronto Rehab Foundation

Victoria Hospitals Foundation

West Nipissing Suicide Prevention Task Force

YWCA Québec

Clara Hughes
Spokesperson

Bell Let's Talk

Verdict to go beyond court

STREETCAR SHOOTING

Police system 'also on trial' in killing of Sammy Yatim

Const. James Forcillo leaves court in Toronto on Aug. 20, 2013. Forcillo, charged in the death of a teenager on a streetcar, has pleaded not guilty. NATHAN DENETTE/THE CANADIAN PRESS

When James Forcillo walks through the doors of a downtown Toronto courthouse on Tuesday, the constable will follow a path few Canadian police officers have taken.

The short, stocky 32-year-old will fight his way through a throng of cameras and reporters, enter the largest available courtroom and appear as the defendant in a murder trial.

Nationwide, a second-degree murder charge against an on-duty police officer is exceedingly rare. A conviction is unprecedented. If Forcillo is found guilty in the 2013 shooting death of 18-year-old Sammy Yatim, he will be the first Toronto police officer ever convicted of murder for an on-the-job death.

"In some ways, you could say the officer is not the only person on trial," says University of Toronto criminologist Scot Wortley. "I think the legitimacy of our current police accountability system, our current civilian oversight system, is also on trial."

Yatim was killed in a hail of bullets just after midnight on July 27, 2013. Moments before, the teenager had exposed himself and pulled a small knife on unsuspecting passengers on the Dundas Street W. streetcar.

By the time police arrived, Yatim was alone on the streetcar. Shortly after, Forcillo shot Yatim eight times; as he lay on the floor dying, he was then Tasered by another officer.

Forcillo was charged one month later by the province's Special Investigations Unit, initially facing a second-degree murder charge. Then, in a decision last year that still puzzles legal experts, the Crown added a second charge: attempted murder.

The much-anticipated trial comes amid unparalleled public scrutiny of police locally, nationally and throughout North America. Yatim's shooting galvanized Torontonians, inspiring outraged demonstrators to clog downtown streets shortly after his death.

After all, hundreds of thousands of people feel they witnessed Yatim's death, thanks to widely disseminated citizen video. Bystanders' cellphone cameras recorded the scene as Forcillo fired his gun nine times at Yatim, six of those shots coming as the teenager lay on the floor of the streetcar.

Some officers and police associations argue that anti-police sentiment has gone too far. Some quietly fear that a guilty verdict in this case could result in officers failing to use force in situations where it's warranted.

Shortly after Forcillo's arrest, Toronto Police Association president Mike McCormack said the officer wasn't afforded the presumption of innocence.

"This is exactly trial and conviction by YouTube," he said.

TORSTAR NEWS SERVICE

VIDEO

Ask legal experts what makes the Forcillo case different from other officer trials, and you hear one word, repeatedly: video.

Bystander and surveillance video has already played a vital role.

"As best I can tell, this is the very first video of its kind in Canada, ever," said Christopher Schneider, a Brandon University associate professor who studies policing and technology. Never before, he said, has there been an on-duty fatal police shooting that was recorded then uploaded to the Internet in advance of police statements about the video.

"Almost always, the police tell us what we saw," he said. Or, in cases without independent witnesses or video, police simply tell the public what occurred.

But there's another video yet to be seen. Expected to be played at trial is surveillance footage from inside the streetcar. It may bolster the case against Forcillo or complicate the narrative that he unjustifiably shot Yatim.

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Better maps lead to better foreign aid

COMMUNITY

Charts used by agencies for disaster relief across globe

Gilbert Ngabo
Metro | Toronto

Above: A detail from a hand-drawn Congo representation, digitized by OpenStreetMap. Below: Kevin Hill CONTRIBUTED

For humanitarian workers, an accurate map can save lives.

"It's crucial to have accurate information on the maps so that we can rapidly respond when a crisis hits," said Kevin Hill, marketing co-ordinator with Doctors Without Borders (MSF).

But many of the world's most vulnerable locations are not accurately represented on the maps — something MSF, the Red Cross and OpenStreetMap in Toronto are trying to change through the Missing Map project.

Over 50 volunteers will convene Wednesday at Toronto's Centre for Social Innovation in a crash exercise to map rural and poor communities in the Democratic Republic of Congo.

"This is a country where we have a lot of interventions, yet the maps that exists are either inaccurate or lacking in information," Hill said.

Using satellite images from sources such as the European Space Agency, volunteers work online to trace the outlines of buildings, roads, rivers and other landmarks.

The maps created at these "mapathons" are sent to local volunteers who verify their accuracy. The final images are uploaded to OpenStreetMap, which humanitarian agencies can use to properly plan disaster response.

"These maps will help in contact making, finding out where patients live or how far they travel to a health centre," said Hill.

Travelling between Oakville & Aldershot?

Lakeshore West GO Train service between Oakville and Aldershot will be reduced from every 30 minutes to hourly from 8:00 p.m to the end of service each night.

We will be doing track work from October 13th until October 22nd and from October 27th through 31st. Regular evening Lakeshore West service will operate from October 23rd - 26th.

We appreciate your patience during this time.

To learn more, please visit gotransit.com/schedulechanges

Pour plus de renseignements, veuillez visiter le site gotransit.com.

METROLINX

THANKSGIVING REFUGEES CELEBRATE IN CANADA A young Syrian refugee who came to Canada in July helps cut one of four turkeys with family and fellow Syrian refugees during his first Canadian Thanksgiving party on Sheppard Avenue East. VINCE TALOTTA/TORSTAR NEWS SERVICE

TECHNOLOGY

New universal plug aims to simplify charging worldwide

Plugging in your laptop or smartphone may soon get a little easier thanks to the ingenuity of a group of Ontario students.

Murray Wu and Soo Jeong Choe are part of a team at the University of Western Ontario (UWO) that's developing a new magnetic power adapter.

The original plugging system was invented in the early 1900s, and it's time for a change, Wu said.

"The current plugging experience is absolutely tedious and it can be dangerous too," said Choe.

"We were just looking to simplify that process and hopefully save people some time, effort and reduce their frustration."

They've named their product VO — both a play on Toronto rapper Drake's popular brand OVO and a reference to their product's shape.

The adapter that goes inside the wall socket is circular, while the magnetic attachment where the electronic device plugs into is V-shaped.

The product resembles Apple's MagSafe technology, the students said. All one has to do is to snap the magnetic cord to it and get charging.

Murray Wu, left, and Soo Jeong Choe are leading the student group creating the new magnetic adapter...

The group recently pitched their idea to the CBC Dragons' Den Next Gen Den panel, and are looking for final certification before taking pre-orders.

Interest is already high, especially from hairstylists and musicians, Choe said.

The team is also launching a Kickstarter campaign later this month to test the broader market. GILBERT NGABO/METRO

...which is seen here.
PHOTOS: STEVEN GOETZ/FOR METRO

EDUCATION

Kids get eye screens for school

A new initiative in the GTA is aiming to right students' lenses for learning.

The Kids See Free program is collaborating with 15 Toronto schools, offering eye screening to students four to 10 years old and glasses to those in need.

The program has already done screenings at Woburn Collegiate in Scarborough, and the results were unexpected.

Out of 147 kids tested, opticians found that at least 102 may have vision problems. A second screening will take place later this month.

Many provincial health-care programs cover eye exams for people below 18. But many parents are still hesitant to get their child's eyes, in part, because they can't afford glasses, said Danielle Ross, an optician at the Real Canadian Superstore.

If vision problems go untreated, they could affect a child's academic success, she said.

"A single pair of glasses can mean the difference between a child thriving at school and life or falling behind," she said. GILBERT NGABO/METRO

Opossum back home in T.O.

WILDLIFE

Critter made cross-country journey in back of truck

Angela Mullins
Metro | Toronto

A stowaway opossum is back in Hogtown after a wild ride across Canada.

Staff from the Toronto Wildlife Centre greeted the critter when he landed Friday at Pearson airport — nearly a month after he made his way to Calgary in a transport truck carrying goods from Brampton.

Dehydrated and thin when discovered, the wayward traveller was nursed back to health at the Alberta Institute for Wildlife Conservation.

Since Calgary doesn't have opossums, the animal wouldn't fare well if released into the wild there, said Nathalie Karvonen, executive director at Toronto Wildlife Centre. So, an anonymous donor paid for his flight back home.

The opossum has, for the most part, recovered — packing on about two pounds since being rescued from the truck — and will be ready to go his own way soon, Karvonen said.

When that time comes, he'll be taken back to Brampton because Ontario law requires that most mammals be released within a kilometre of the spot where they were taken into captivity.

It's not the first time Karvonen's team has helped an accidental traveller. Others have included a snake found in a delivery from Florida, a skunk from California and a scorpion that made the especially long trip from Costa Rica.

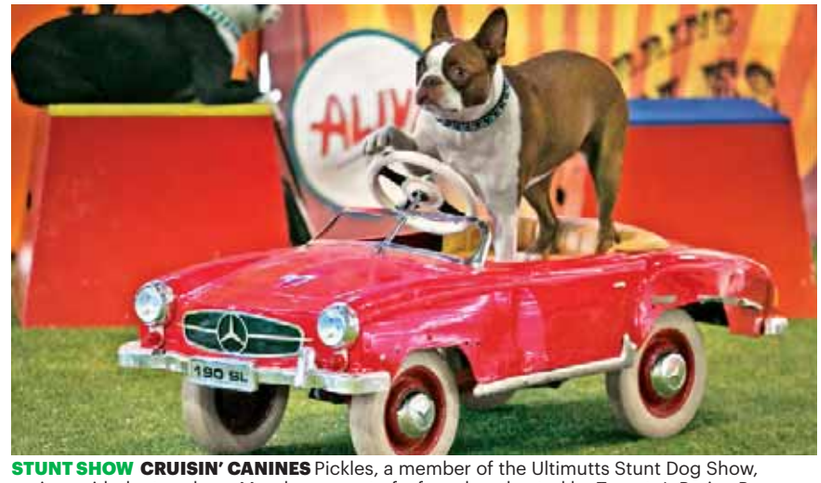
As for what might have attracted the latest stowaway to his unintended ride, it's anyone's guess.

"I think only the opossum knows," Karvonen said. "And, he's not talking."

The opossum
COURTESY TORONTO WILDLIFE CENTRE

DID YOU KNOW?

- Virginia opossums, which we just call opossums, are the only marsupials that live north of Mexico.
- They don't live in western North America, except for along a small strip on the U.S. West Coast.



STUNT SHOW CRUISIN' CANINES Pickles, a member of the Ultimutts Stunt Dog Show, cruises with the top down Monday, as part of a free show hosted by Toronto's Purina Pawsway facility. All the dogs are rescued animals who have performed across the country and whose talents have been featured on numerous talk shows and TV programs. LIZ BEDDALL/METRO

CAT ADOPTION

Animal service waving fees

Steven Goetz
For Metro | Toronto

There is no better time to adopt one of the thousands of kittens and cats living in Toronto's animal shelters. Toronto Animal Services is waiving its $75 adoption fee on all cats from now until Oct. 18 as part of its annual Fall in Love campaign.

In 2014, the city took in 7,855 cats, mostly strays or those surrendered by their owners. Almost 5,000 cats found new homes last year, either through adoption or by transfer to other agencies, while 1,842 were euthanized.

"We're an open admission shelter, so we don't refuse animals even when we run out of space," said Mary Lou Leiher, program manager at Toronto Animal Services.

All of the cats, kittens and other animals available for adoption can be viewed on the city's animal services website.

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Sam Basilone is the horse racing expert at Shoeless Joe's, the hot spot for off-track betting. MELISSA RENWICK/TORSTAR NEWS SERVICE

Betting on horse racing

OFF-TRACK

Shoeless Joe's fills void in T.O. racing scene

Toronto accountant Robert Crane is poring over a stack of books, looking for Interpol.

Not that Interpol. The four-year-old colt sired by English Channel and Australian mare Strawberry Road.

"I got him in a race last time at 23-to-1. He has amazing breeding, but he's under the radar, which is fine by me," he said while chilling in the new horse racing theatre in the back of Shoeless Joe's on King Street West and Duncan Street.

As an avid fan of horse racing, the PwC Canada employee is thrilled to be able to play the ponies, too, including action from any track in North America, Australia and New Zealand in Shoeless' new lounge.

After Woodbine Entertainment Group closed Turf Lounge last month, Shoeless stepped in to fill the gap left by the Bay Street pony palace that for 12 years combined upscale dining with horse wagering.

Shoeless already had a couple off-track betting machines at the bar, but owner Carlos Gavilanes recently worked with Woodbine to expand the concept, which features a dozen big screens, the former Turf's comfy chairs and six more wagering terminals.

The racing industry is in the doldrums in North America, facing increased competition from other sorts of gambling. Gavilanes hasn't bet everything on these ponies — he notes that the horse theatre (barely a trot away from the Princess of Wales Theatre on King) is just an extension of the massive restaurant's existing offerings, screening every other sport imaginable, or so it seems.

"It's the only place like this in Toronto now," said Sam Basilone, hired by Shoeless to run the room.

He sells programs, cashes tickets and teaches newbies how to use the OTB terminals if they're interested.

And some of the Bay Street suits are starting to migrate from the former Turf.

TORSTAR NEWS SERVICE

UNION VOTE

Ratification may end Woodbine lockout

Locked-out workers from Woodbine Racetrack, Sudbury Downs and Casino Brantford will vote Tuesday on a tentative agreement ending the dispute between the Ontario Lottery and Gaming Corporation and the workers' union, Unifor.

Bob Orr, assistant to the secretary-treasurer of Unifor, said in a statement released Sunday, "Unifor members were determined to protect their retirement security" and "are optimistic we have reached a good deal."

Workers have been locked out since Sept. 19 after a breakdown in contract negotiations over a new pension plan which would affect some 835 workers represented by Unifor, under OLG's modernization plan.

Negotiations resumed early Friday around 7:30 a.m. and were initiated by OLG, said Orr. He said that a tentative agreement was reached by 9 p.m.

Orr said that workers could be back on the job as early as later today.

OLG spokesman Tony Bitonti said he's optimistic about the agreement, although neither side can reveal the terms of the contract until ratification.

Although workers have been locked out for a little over four weeks now, Bitonti said that the three affected locations remained operational with reduced hours and services, and that Woodbine continued to do quite well.

Earlier this month, Orr said the retirement security of their members was at risk under OLG's privatization plan. However, OLG's Rui Brum said employees would be part of the public pension until the day a private service provider takes over, and that "the service provider will be contractually required to provide a registered pension plan to all eligible employees moving over from OLG." TORSTAR NEWS SERVICE

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Through the **Fuelling Women Champions** program, **Canada's Dairy Farmers** are proud to shine a light on women in sports at every level. On Saturday, October 17, the Canadian Women's Hockey League is playing its season opener at the Mastercard Centre. We'll be there to help them kick off the season and we'll be behind them all season long. See you at the games!

BUY YOUR SEASON TICKET AT TORONTO.CWHL.CA

#ChampionHer

@womenchampions

CANADA'S DAIRY FARMERS
FUELLING WOMEN CHAMPIONS

Poets in tune with rhythm of city

How do I love thee, Toronto? Let me count the ways. The city is poised to announce its fifth poet laureate, who will be tasked with capturing the city's energy and diversity in poetic verse. The official selection committee will announce its choice Wednesday, and council will vote on the issue on Nov. 3. Metro takes a look back at the four poet laureates who've served since 2001, each receiving $10,000 per year to promote the city's literary culture and create a legacy poetry project in conjunction with city staff.

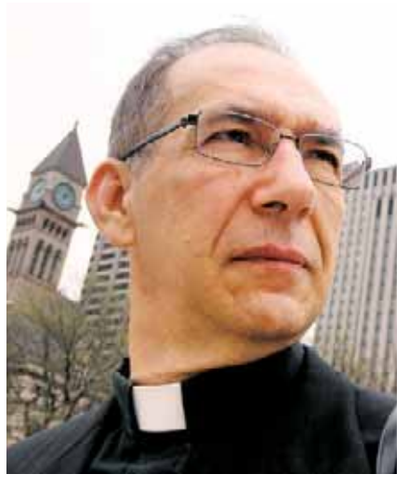
Steven Goetz
For Metro | Toronto

DENNIS LEE (2001 TO 2004)

Toronto's first poet laureate made his name writing books of poetry for adults and children, including the beloved Alligator Pie and Governor General's Award winner Civil Elegies. Each poet laureate is invited to work on a legacy project, and Lee unveiled a monument to poet Al Purdy, as well as a program placing plaques throughout the city commemorating Toronto's artists and thinkers.

"Yonge Street, Bloor Street,
Queen Street, King:
Catch an itchy monkey
With a piece of string.
Eaton's, and Simpson's,
And Honest Ed's:
Give him his pyjama pants
And throw him into beds!"

– "Bed Song" from Alligator Pie



PIER GIORGIO DI CICCO (2004 TO 2009)

The Italian-Canadian author and Roman Catholic priest had already published 17 collections of poetry before his appointment. He used the position to promote his idea that city building should be defined by a "civic aesthetic," which allows for civil encounters between citizens.

" it fools us / sometimes
people talk about it, up here.
it reminds us of what it takes up
place for / an absence / something to
occupy us. in short
it is getting someplace, under it
the encouragement of a million people
who measure it by where they cannot go
the blue prints
left everything out."

– "6 months of the CN tower"

DIONNE BRAND (2009 TO 2012)

Award-winning and internationally renowned, Brand promoted poetry's place in the public realm with temporary and permanent poetry displays in branches of the Toronto Public Library.

"I'll tell you what I've seen here
at Yonge and Bloor,
At this crossroad,
the air is elegiac with it
whiffs and cirri of all emotion,
need and vanity
desire, brazen as a killing"

– "XXIII," from Thirsty

GEORGE ELLIOTT CLARKE (2012 TO 2015)

A noted poet, dramatist, novelist, and University of Toronto professor, Clarke raised the bar for public appearances, exemplified by his annual reading of an original poem in the council chamber. He established the poet laureate's wall outside the City Hall branch of the Toronto Public Library, was instrumental in starting the East End Poetry Festival, led the creation of the interactive Toronto Poetry Map, and wrote an original poem to be inscribed in stone in a refurbished Ramsden Park.

"But I fled the Provincial Parliament
(ochre architecture plagiarizing a Hindu
temple),
sick of seeing Rhodes Scholar Socialist flinch
each time my black face
surprised him in a stairwell."

– "XXVIII," from Traverse

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READY TO ENGAGE

Metro's coast-to-coast daily election series connects young, urban Canadians to the issues they care about

Moderator Laura Payton, left, and panellists Alejandra Bravo, Katherine Hensel, Kate McInturff and Angela Robertson participate in Up For Debate, a forum on women's issues held in Toronto on Sept. 21. LUCAS OLENIUK/TORSTAR NEWS SERVICE

Saying 'women's issues' needs to go

ROSEMARY WESTWOOD
Metro

If there's one thing every woman can agree on, it's a distaste for the term "women's issues."

The phrase has all the modernity of a knitted doily.

But it has been used over and over again in this election — by politicians, by activists and by ordinary women heading to the polls.

One of the most surprising things about talking to young voters these past few weeks is how often I heard that phrase. From a university student in Alberta, from a small-business owner in Ottawa, from women who I expected would emphasize other things, job prospects in the case of the former, or tax policy in the later.

Instead, almost every woman in my small sample size told me "women's issues" was top of their voting list.

Then, most of them told me how much they hate this term. Regardless of their political affiliations, their reasons are the same: Why segregate things important to half of Canadians into some kind of niche market? Why mischaracterize family issues, like child care, as belonging somehow only to women?

The answer has to be: we're stuck.

We're stuck somewhere in between the old sexist construction of society, and some new place of equality.

One very articulate and persuasive young woman told me structural sexism in Canada has all but disappeared, but I can't agree.

"Women's issues" is an ill-named talking point in this election precisely because, though it feels sometimes that we live in an equal society, statistically, we do not.

I won't repeat all the numbers. You can look up data on the pay gap, gender ratios in government and business leadership, violence against women, and access to housing.

You can learn about the racial implications of all of the above.

Of course, those who would argue that we don't need to advocate for women have a point: Things are different these days.

And if I only looked at my own life, which has been blessed in a multitude of ways, I would probably agree that women and men are treated equally. (I found out otherwise only after telling one feminist professor in university that "feminism is dead")

Many things keep me hopeful. A women-only surfing competition in Tofino. Feminist-themed ads for Ronda Rousey's next UCF fight. Take also this conversation among pre-teens gushing about their future on a streetcar, as overheard by a friend.

"I'm going to do good in high school, and go to the University of Guelph, and then work in a lab so I can pay for my dorm!"

"I'm going to have a house with TWO cars!"

"I'm going to go to college and have four dogs!"

"I'm going to live in MIAMI!"

Still, like other women I've talked to ahead of this election, I would vote on a "women's issues" ticket if I could.

But no party is offering it. Some have nodded in its direction while forming their main message around your money (Liberals and NDP), some have ignored it altogether (Conservatives). Elizabeth May is (unsurprisingly) by far the most impassioned, articulate and committed to addressing inequality, but she runs a party created to respond to environmental issues, and she will not be our next prime minister.

Even the laudable Up For Debate effort, which saw every leader but Harper interviewed on women's issues, will hardly change the election outcome.

For it to do that, we'd have to stop using the phrase "women's issues" altogether. We'd have to see gender inequality as a generally Canadian problem.

The usefulness of such an antiquated phrase proves that we need to work harder to make it obsolete.

If we don't find a new way of talking about it, the next election will be no different.

QUICK GUIDE: 'WOMEN'S ISSUES'

Here's a breakdown of campaign promises and legislative measures from the **NDP**, **Liberals** and **Conservatives**.

CHILD CARE	ECONOMIC EQUALITY	VIOLENCE AGAINST WOMEN
NDP: • Would honour Universal Child Care Benefit. • Would create $15-a-day national child care program. • Would create a million child-care spaces.	**NDP:** • Would introduce a 50% female quota for boards of federal organizations. • Introduced a bill that resulted in removal of tax on feminine hygiene products.	**NDP:** • Would invest $40 million over four years to restore cuts to women's shelters. • Called for a national inquiry into murdered and missing aboriginal women.
Liberals: • Would introduce a tax-free monthly Canada Child Benefit for families with children and annual income below $150,000.	**Liberals:** • No legislation or campaign promises	**Liberals:** • Called for a national inquiry into murdered and missing aboriginal women.
Conservatives: • Increased Universal Child Care Benefit to $160; added monthly benefit of $60 for children age six to 17. • Introduced "income splitting" for couples.	**Conservatives:** • No legislation or campaign promises	**Conservatives:** • Pledged to combat crimes against women via strict enforcement and stiff prison sentences.

CAMPAIGN MOMENTS

A little selfie-indulgence

Liberal Leader Justin Trudeau poses for a photo with a supporter in Ottawa on Monday; meanwhile, NDP Leader Tom Mulcair gets in on a group selfie in Maple Ridge, B.C. Whose turned out better? That's for the Instagram commenters to decide.

PAUL CHIASSON/THE CANADIAN PRESS; RYAN REMIORZ/THE CANADIAN PRESS

LATEST POLL LIB 37% CON 31% NDP 23%

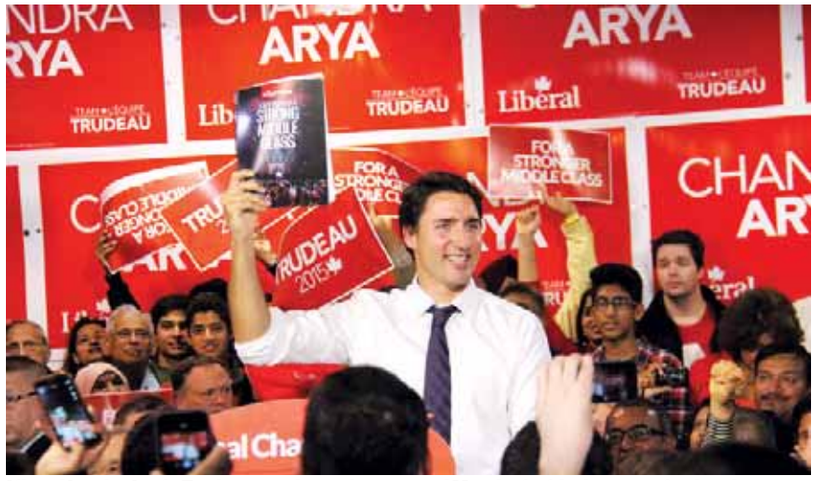
Source: Forum/Toronto Star

Trudeau fires back at Harper

CAMPAIGN

Liberals go for middle class with promises of tax cuts

Joe Lofaro
Metro | Ottawa



Liberal Leader Justin Trudeau speaks to a large crowd Monday inside the campaign headquarters of Chandra Arya, the Liberal candidate in Ottawa. JOE LOFARO/METRO

It might be a marathon election, but the top three party leaders are showing no signs of slowing down in the final week on the campaign trail.

Liberal leader Justin Trudeau drew a raucous crowd of about 300 supporters to Barrhaven on Thanksgiving Monday, a day when most people take the day to recover from their food coma.

That wasn't the case for the hundreds of people who lined the sidewalk to get inside campaign headquarters for Chandra Arya, the Liberal candidate in the hotly contested riding of Nepean.

The new riding will be one to watch after Tory incumbent Pierre Poilievre's name will not be on the ballot for the first time in more than a decade. He's running in nearby Carleton, leaving Nepean up for grabs for fresh faces.

The Liberals and Conservatives are neck-and-neck in the riding, according to a poll conducted for Postmedia released last week.

Trudeau's visit wasn't only a significant show of force; it could give Arya, a former high-tech executive, banker and engineer, a leg up in the close race.

"He's an incredibly strong part of a great Liberal team right across Ottawa, right across the country that are going to make real change happen," Trudeau said of Arya to a loud round of applause from the crowd.

His speech spoke to the middle class voter, with a promise to introduce a tax cut for the middle class and a child benefit if elected on Oct. 19.

"Unlike Stephen Harper's tax credits, you won't have to wait to get your money. You will see more money on your paycheque right away," said Trudeau.

Meanwhile, Conservative leader Stephen Harper took direct aim at Trudeau Monday in Waterloo, with a game-show style attack on tax credits he said the Liberal leader would eliminate.

"For some families, that could be a Liberal tax hike of up to $2,000 a year," said Harper.

"These are real benefits. Only the Conservative party in this election is committed to keeping these dollars where they belong — in the pockets of hard working Canadians."

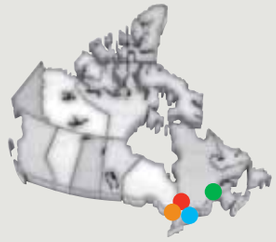
But Trudeau fired back at the Conservative leader, saying he wouldn't be clawing back any of the boutique tax credits for families that Harper was warning about.

"It highlights that we have a Prime Minister right now who is busy misleading Canadians with untruths," said Trudeau.

"I'm going to let my opponents continue to focus on me. I'm staying focused on Canadians."

WITH FILES FROM THE CANADIAN PRESS

WHERE THE LEADERS ARE TUESDAY



- **Stephen Harper** will be in Toronto and London.
- **Justin Trudeau** will be in Toronto, Kitchener and Mannheim.
- **Tom Mulcair** will be in Oshawa, Toronto and Brampton.
- **Elizabeth May** will be in Nanaimo.

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U.S. lion hunter won't be tried

ZIMBABWE

Officials state Walter Palmer will not be extradited

Zimbabwe is no longer pressing for the extradition of James Walter Palmer, an American dentist who killed a well-known lion called Cecil, a cabinet minister said Monday.

Palmer can now safely return to Zimbabwe as a "tourist" because he had not broken the southern African country's hunting laws, Environment, Water and Climate Minister Oppah Muchinguri-Kashiri told reporters in Harare on Monday. Zimbabwe's police and the National Prosecuting Authority had cleared Palmer of wrongdoing, she said.

Through an adviser, Palmer declined comment.

Palmer was identified as the man who killed Cecil in a bow hunt. Cecil, a resident of Hwange National Park in western Zimbabwe, was well-known to tourists and researchers for his distinctive black mane.

Cecil the lion
ZIMBABWE NATIONAL PARKS/AFP

Muchinguri-Kashiri had said in July that Zimbabwean police and prosecutors would work to get Palmer returned to Zimbabwe to face poaching charges.

On Monday, she told reporters in Harare that Palmer can now safely return to Zimbabwe as a "tourist" because he had not broken this wildlife-rich southern African country's hunting laws.

"He is free to come, not for hunting, but as a tourist," Muchinguri-Kashiri told reporters. "It turned out that Palmer came to Zimbabwe because all the papers were in order."

Palmer was the subject of extradition talk in Zimbabwe and a target of protests in the United States, particularly in Minnesota, where he has a dental practice, after he was identified as the man who killed Cecil.

Messages left Monday with the U.S. Fish and Wildlife Service, which was handling a U.S. investigation into Palmer, were not immediately returned.

Theo Bronkhorst, a Zimbabwean professional hunter who was a guide for Palmer, returned to court last week on charges of allowing an illegal hunt. THE ASSOCIATED PRESS

Dentist Walter Palmer arrives back at his office following a lunch break in Bloomington, Minn.
JIM MONE/THE ASSOCIATED PRESS FILE

IN BRIEF

Pair detained after fatal shooting at Texas school

Police continued their search for a suspect Monday after releasing two men detained last week in connection with the fatal shooting of an 18-year-old student at Texas Southern University.

Classes resumed Monday at the Houston campus where freshman Brent Randall was killed in a parking lot outside a school apartment complex. A second person was wounded in the gunfire and remained hospitalized in stable condition.
THE ASSOCIATED PRESS

24-hour guard removed from Julian Assange's room

British police removed a round-the-clock guard from outside the Ecuadorean Embassy hideout of WikiLeaks founder Julian Assange, saying it wasn't "proportionate" to keep up the operation when no end to the stalemate is in sight.

The Metropolitan Police said the force would still do its best to arrest Assange, who sought refuge at the London embassy.
THE ASSOCIATED PRESS

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Keynote by Ray Reddy, Co-founder and CEO of Ritual

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CORRUPTION

Iran convicts Washington Post reporter on espionage charges

Jason Rezaian, the Washington Post journalist who has been detained in Iran for more than a year on charges including espionage, has been convicted, according to Iran's judiciary spokesman in a ruling the newspaper blasted Monday as "an outrageous injustice."

Gholam Hossein Mohseni Ejehi confirmed the verdict in comments aired on state TV late Sunday night but gave no indication of what punishment the 39-year-old Iranian-American journalist could face. The ruling is eligible for appeal within 20 days, Ejehi said.

> **"This is politicized justice at its worst.**
> Hadi Ghaemi, with International Campaign for Human Rights in Iran

In its report, Iranian state TV called Rezaian an "American spy."

He reportedly faces up to 20 years in prison.

The Post's executive editor, Martin Baron, called the guilty verdict "an outrageous injustice."

The paper is working with Rezaian's family and legal counsel to swiftly appeal the verdict and push for his release on bail pending a final decision, Baron said. THE ASSOCIATED PRESS

RESEARCH

Economist wins Nobel prize for work on poverty, welfare

Scottish economist Angus Deaton has won the Nobel memorial prize in economic sciences for "his analysis of consumption, poverty, and welfare," the Royal Swedish Academy of Sciences said Monday.

Deaton, who was born in Edinburgh in 1945, now works at Princeton University in the United States.

The academy said the work for which Deaton is now being honoured revolves around three central questions: How do consumers distribute their spending among different goods; how much of society's income is spent and how much is saved; and how do we best measure and analyze welfare and poverty?

Last year, French economist Jean Tirole won the 8 million Swedish kronor (about $1.3 million) award for his research on market power and regulation.

The economics award is not a Nobel Prize in the same sense as the others, which were created by Swedish industrialist Alfred Nobel in 1895.

Sweden's central bank added the economics prize in 1968 as a memorial to Nobel.

The announcement concludes this year's presentations of Nobel winners.

The medicine prize went to three scientists from Japan, the U.S. and China who discovered drugs to fight malaria and other tropical diseases.
THE ASSOCIATED PRESS

Hundreds march in Turkey to condemn bomb attack

ISTANBUL

Nearly 100 protesters killed at rally on Saturday

Hundreds of people marched through Istanbul and the Turkish capital of Ankara on Monday to condemn the slaughter by suicide bombers at a weekend peace rally, with many venting their anger at the Turkish government itself.

Some demonstrators chanted: "The killer state will be held to account!"

Prime Minister Ahmet Davutoglu, however, rejected accusations by opponents that the government was to blame for the nearly simultaneous attacks Saturday, calling them "dangerous" and "dastardly."

He also denied that they were a result of Turkey's involvement in war in Syria and that the government was dragging the country into the Middle Eastern quagmire. The government believes two male suicide bombers killed at least 97 people and wounded hundreds at a rally Saturday in Ankara by opposition supporters and Kurdish activists.

Protesters in Istanbul stand by a barricade they set on fire during clashes with security forces Monday, following a protest against Saturday's Ankara attacks. CAGDAS ERDOGAN/THE ASSOCIATED PRESS

"These attacks won't turn Turkey into a Syria," Davutoglu said.

Government opponents have also accused President Recep Tayyip Erdogan of fomenting violence and ethnic tensions to gain votes for the ruling party in Turkey's Nov. 1 election — an accusation that the Turkish leader rejects.

In the last election in June, a Kurdish party gained support from voters, taking away the ruling party's majority in Parliament — and Erdogan wants that majority back.

Turkish investigators were close to identifying one of the two suicide bombers, the prime minister said Monday, adding that the Islamic State of Iraq and the Levant was the "No. 1 priority" of its investigation.

The rally Saturday was organized by Turkish and Kurdish activists to call for increased democracy and an end to the renewed fighting between Turkey's security forces and Kurdish rebels that has killed hundreds of soldiers, rebels and citizens since July.

THE ASSOCIATED PRESS

IN BRIEF

Trio arrested in Oregon sent back to California

Three transients accused of robbing and killing a Canadian backpacker and a yoga instructor with a stolen gun days apart have been sent back to California from Oregon, where they were arrested. Authorities say Sean Michael Angold, Morrison Haze Lampley and Lila Scott Alligood killed a 23-year-old backpacker in San Francisco's Golden Gate Park on Oct. 3 and then shot to death a 67-year-old tantra yoga teacher, whose body was on a trail north of the city.

THE ASSOCIATED PRESS

Mob kills village mayor

A mob killed a village mayor in western Guatemala in reprisal for an attack on a political rival that resulted in the death of two teenage girls, authorities said Monday.

Prosecutors' office spokeswoman Julia Barrera confirmed the death of 43-year-old Mayor Bacilio Juracan of Concepcion, a town about 180 kilometres west of Guatemala City.

THE ASSOCIATED PRESS

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take5

Promises will affect personal finances

ELECTION 2015

Tax breaks, child care part of pledges on campaign trail

The three major parties have made promises that will affect Canadians' personal finances.

The Conservatives have focused on highly targeted tax breaks to select groups, especially homeowners and seniors, while the Liberals promise sweeping tax breaks for the middle class. The New Democratic Party wants to boost the minimum wage and provide more affordable daycare.

All federal parties are wooing the electorate with vows that their policies will help keep more disposable income in Canadians' pockets. THE CANADIAN PRESS FILE

Home ownership:

Conservatives: say they will increase the amount that first-time home buyers can withdraw from RRSPs from $25,000 to $35,000 and introduce a permanent home-renovation tax credit for up to 15 per cent of renovations.

Liberals: want to remove GST on new capital investments in affordable rental housing and expand the Home Buyers' Plan to allow Canadians hit by sudden life changes to use RRSP funds to buy a house without a tax penalty.

NDP: aim to build 10,000 affordable housing units.

Personal taxes:

Conservatives: say they'd maintain tax brackets.

Liberals: say they'd cut the tax rate to 20.5 per cent, from 22 per cent, for incomes between $44,700 and $89,401. Would introduce a new tax bracket of 33 per cent for those earning more than $200,000.

NDP: pledge not to raise personal income taxes.

Child care:

Conservatives: raised the amount for a child under six to $160 a month and introduced $60 a month for children between six and 17 years.

Liberals: promise to combine social assistance into a monthly cheque for all families with children with incomes below $150,000.

NDP: say they would introduce $15-a-day national child-care program.

Minimum wage:

Conservatives: voted against an NDP motion in 2014 to raise the federal minimum wage to $15.

Liberals: voted in favour of an NDP motion in 2014 to raise the federal minimum wage.

NDP: would reinstate the federal minimum wage and raise it to $15 an hour.

TORSTAR NEWS SERVICE

IN BRIEF

Dell paying $67 billion for data-storage firm EMC

Dell is buying data-storage company EMC in a deal valued at approximately $67 billion US.

Shareholders of EMC Corp. will receive about $33.15 US per share. Michael Dell will serve as chairman and CEO of the combined business. Dell Inc.'s headquarters will stay in Round Rock, Texas.

THE ASSOCIATED PRESS

Five arrested in Air France union violence

French prosecutors say five people have been arrested in connection with an Air France union meeting brawl. During the meeting about fiercely contested job cuts, union activists assaulted two executives, including the airline's head of human resources, ripping off their shirts and prompting them to flee over a fence. THE ASSOCIATED PRESS

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metro VIEWS

A new experiment adds to the evidence that some anti-oxidants have cancer-promoting properties — showing again how hard it is to detoxify an entrenched idea from the public's mind.

the big number

44.8%

Was the voter turnout rate on First Nations reserves in Canada during the 2011 federal election — compared to a still lacklustre 61 per cent rate in the country at large. Activist Deanna Carpenter got involved organizing voter registration clinics in the riding of Kenora, Ont., which is home to 40 different indigenous groups, after she discovered many people who try to register to vote online with a rural, remote or on-reserve address get an error message. Carpenter worried the Fair Elections Act, with its stricter ID requirements, might make the low-turnout problem even worse for people who don't have a driver's licence and may need time to send away for other types of ID. Along with former NDP candidate Tania Cameron, she's part of a Rock the Vote campaign — based in Kenora, but capturing attention across the country — that aims to increase turnout in aboriginal communities by 20 per cent this time around. There's a long tradition of ambivalence and even resistance to voting in Inuit, First Nations and Métis communities, where many people identify primarily as citizens of their First Nation or have lost trust in a government system they feel has failed them. Until 1960, Canada's indigenous peoples were not even allowed to vote or become citizens unless they agreed to surrender certain rights — including the right to live with their community on a reserve. SOURCE: CBC

Daycare leads to a life of crime? Not so fast

Tara-Michelle Ziniuk
For Metro

Lock up your toddlers. New research will have you thinking that sending them to daycare will lead to a life of crime. At least in the case of low-cost universal daycare.

Last month, a report from the National Bureau of Economic Research made waves for linking youth crime rates with Quebec's daycare system. Currently, parents in Quebec can access daycare for $20 per day or less — the cheapest rates in the country.

The study looked at all Quebec kids and compared them to kids in other provinces. The children from Quebec had academic success, but had a poor showing in non-cognitive areas such as health, emotional stability and, controversially, crime. The link seems weak at best.

As part of their federal election platform, the NDP is proposing making low-cost daycare available to families across the country, an idea that is being commended by child-care advocates and parents nationwide.

The report makes this provocative link between daycare and crime without explaining why it might exist, or making any suggestions for correcting it. Some point to the methodology as problematic: Only half of the Quebec children studied were even in the daycare program. Economist Stephen Gordon is quoted saying this makes sense as, "The families who made use of the daycare program were not randomly selected; they chose to participate."

Is this true, though? As a parent with a limited income, in Ontario, I, like many other parents in similar situations, took whichever daycare spot came through after being on waiting lists and waiting on a daycare subsidy. Not all spaces here are subsidized, and the ones that are aren't always at top-quality centres. Are parents who need low-cost daycare in Quebec in this position, too? Were the other half of Quebec families leaving their children with a stay-at-home parent or relative, private care, nannies?

The study also fails to account for the reality that Quebec's system, though low-cost, isn't ideal. The province created a system it then didn't properly resource, then, in many cases, allowed for-profit private companies to take over care. According to the Child-care Resource and Research Unit, for-profit daycare often lacks quality. "In order to find funds to ensure profits, profit-making operations are more likely to skimp on staffing, supplies, equipment and perhaps even food," the research institute wrote in a report.

We must consider that the research showing disappointing outcomes in Quebec could reflect the impact of the quality of care on crime rates, not the availability or cost of care.

Another report, from the Human Early Learning Partnership at the University of British Columbia, says studies maligning Quebec's daycare system contradict "nearly an entire generation of robust and consistent findings that demonstrate the positive effects of quality care on young children" and that "the 'findings' of increased aggression in children could just as easily be attributed to the children who were not enrolled in a child-care program."

If we give the benefit of the doubt to this latest study, then the take-away is that quality matters.

Tara-Michelle Ziniuk is a freelance writer and blogger for Today's Parent magazine.

YOUR RIDE

Ignore election distractions, and vote for better transit

Glyn Bowerman

It all started with so much promise. Before the writ had even dropped, officially kicking off this seemingly endless election, each of the major party leaders seemed ready to talk seriously about cities — about the vital role they play in this country, and about their dire need for dedicated investment.

Canada's big-city mayors were quick to put pressure on federal parties to commit to important infrastructure like public transit and housing. And it worked, to varying degrees.

This really seemed like the election where cities were going to set the agenda and dominate the discussion. Rightly so, as over 80 per cent of Canadians live in cities. Cities account for 75 per cent of the GDP. This election was going to be about Canada's new urban reality.

There have been some wins. The three major parties have committed to transit funding for Toronto. Mayor John Tory has managed to get all three parties to commit partial funding to his SmartTrack plan — should council ultimately decide the plan is feasible and desired.

In fact, Tory and his counterparts in cities like Edmonton, Calgary and Vancouver have played exactly the kind of role mayors should in a federal election. So why does it feel like we've lost the plot?

Well, one of the major parties seems to want to change the channel. One of these parties seems far more preoccupied with how a small minority of women choose to express their faith, or who does and does not deserve to be a Canadian citizen. One of these parties wants to establish a hotline you can call when you think you see the bogeyman.

In many ways, this election seems to have become a battle for Canada's soul. It's all very confusing, and it's a major distraction from the very necessary conversation we started to have when it began. All part of the plan, sadly.

It's not my intention to tell you who to vote for. But I will ask you, one Torontonian to another, to vote for transit, vote for infrastructure investment — vote for your city.

So much of the country's well-being is tied to cities like Toronto thriving — having access to good jobs, boosting productivity, reducing congestion and pollution. That means prioritizing transit.

As Calgary Mayor Naheed Nenshi said last week, "If you don't have a plan for cities, you don't have a plan for the economy."

When you step into the ballot box, elect the member you trust to help Toronto thrive. Everything else is a calculated distraction.

Glyn Bowerman is a Toronto-based journalist and theatre artist. He is also a regular contributor to Spacing Magazine. Follow him on Twitter @Banquos_Banquet

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ON THE SAME PAGE

You can't take the Leaf out of Zach Hyman's Hockey Hero kids book

Melissa Dunne
For Metro Canada

Athletes aren't exactly known for their book smarts.

And hockey players, in particular, are often depicted in books, movies and the news as monosyllabic, black-eyed, gap-toothed goons.

Zachary Hyman slams those stereotypes up against the boards.

He's a hockey player in Toronto who isn't just hitting the ice with the pros this month — he's hitting the shelves with his second children's book Tuesday.

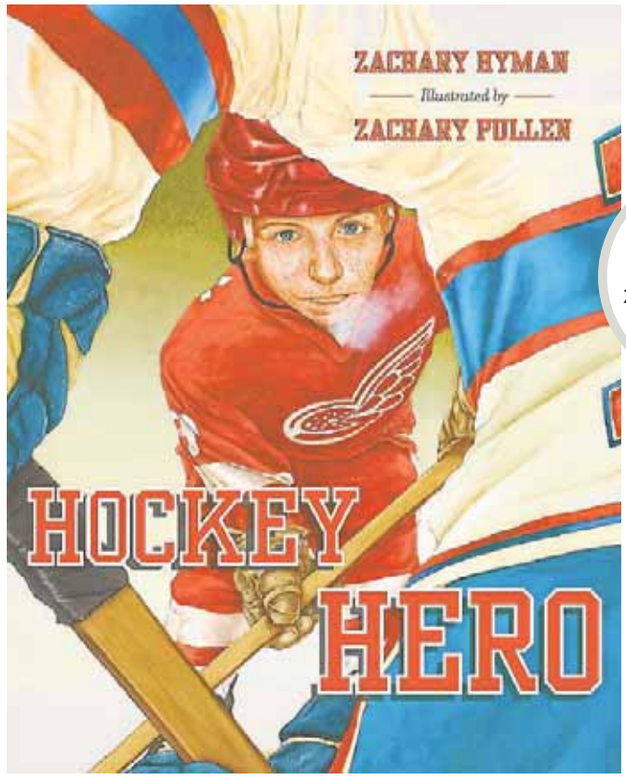
The 23-year-old was recently signed by the Toronto Maple Leafs, and he's also under contract to write two more books.

The athlete/author is confident he'll be able to stickhandle both writing and skating in the future. After all, he's found the pursuits of the body and the mind complement each other. He likes to write during his downtime as a way to relax and says the schedule of a hockey player can actually be helpful.

"In the off-season I have a lot of time on my hands," said Hyman by phone from Toronto earlier this month.

He's used that spare time off the ice very efficiently over the past few years. On top of writing his children's books, he recently earned an honours degree in history from the University of Michigan. While still a student at Michigan he published his debut book, The Bambino and Me.

His second effort, Hockey Hero, is once again illustrated by award-winning illustrator Zachary Pullen.



The book tells the tale of how Tommy Toomay, an eight-year-old with a stutter, eventually finds his "hockey chutzpah."

Hyman certainly has no shortage of chutzpah, going after his passions at full tilt all his life. His free time over the years has been filled with the books familiar to many young men of his generation, from the Harry Potter series to the Game of Thrones books to, yes, the Canadian classic The Hockey Sweater.

BRAINY BRAWN
On top of writing children's books, Leafs acquisition Zach Hyman recently earned an honours degree in history.

"I've always loved reading," said the millennial. "I also enjoy writing … it's an outlet."

While Hyman got sent down to the AHL's Marlies earlier this month, he's taking all the up and downs in stride (or should I say, glide).

Unlike some pro athletes Hyman clearly has brawn and brains. That's a combination that will surely continue to make him someone to be reckoned with on and off the ice.

> **I've always loved reading. I also enjoy writing … it's an outlet.**
> Pro hockey player and children's book author Zachary Hyman

WRITING FOR KIDS

Here are a few other athletes who've taken a swing at writing children's books over the years.

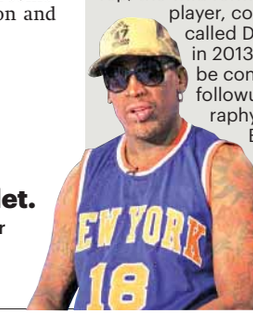
Derek Jeter

The retired New York Yankee now has his own publishing imprint and has already published two books aimed at middle-graders: The Contract and Hit & Miss. There are plans for many more books based on the shortstop's journey from gifted child to adult superstar.

R.A. Dickey

The Toronto Blue Jays pitcher published his anti-bullying picture book, Knuckleball Ned, last year. The famous ballplayer is also a famous bookworm, and says Ernest Hemingway's works helped him through a tough upbringing.

Dennis Rodman



Yep, the wild former Chicago Bulls player, co-wrote a kids book called Dennis the Wild Bull in 2013. Parents need not be concerned, this is not a followup to his autobiography Bad As I Wanna Be and apparently the brightly coloured kids book is dedicated to Rodman's real-life offspring. MELISSA DUNNE/FOR METRO

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The book that lulls your kids to sleep

Carl-Johan Forssen Ehrlin is the author of The Rabbit Who Wants to Fall Asleep: A New Way of Getting Children to Sleep.
DREW GURIAN/INVISION/THE ASSOCIATED PRESS

BEDTIME STORY

Parents cotton on to Swedish author's yawn of a bunny tale

You may have heard of Roger. He's the little rabbit in a new bedtime book that can't go to sleep, *right now*.

In a month's time, which is lightning speed in publishing, Penguin Random House acquired and released new editions of The Rabbit Who Wants to Fall Asleep, an unusually paced and illustrated read-aloud that a Swedish life and management coach first self-published back home in 2011.

An English translation followed last year, but it wasn't until August that the book climbed atop Amazon best-seller lists around the world — in seven languages all together — after being embraced by parents.

So what sets apart the creation of Carl-Johan Forssen Ehrlin from the shelves and shelves of books already out there as sleepy-time books?

"I have no idea," the soft-spoken author smiled in a recent interview.

"One thing I noticed when I was comparing and researching my ideas, I saw there were bedtime stories that had more focus on playing and pillow fights and, 'Oh, I don't want to brush my teeth,' and then on the last page it was, 'Oh, now it's time for you to fall asleep'," he said. "So the change came so quickly. What I tried to do is from the first page guide the child to the goal, which is relaxation and falling asleep."

Another thing in the book's favour: thousands of parents and online commenters reported successes before Big Publishing ever came a knocking. A smaller number reported the book failed their kids and an even smaller number considered it a tad creepy, with its full page of instructions on how to emphasize certain phrases, inject yawns and insert the names of children into the story.

Critics aside, the techniques lovingly integrated and tested by Forssen Ehrlin on preschool groups over more than a decade of finishing the book and building his own buzz on Facebook and Twitter are on solid sleep-research ground, experts said.

"It's a really, really sweet book. I liked it," said Dr. Shalini Paruthi, director of the Pediatric Sleep and Research Center at St. Louis University.

At 20 to 30 minutes to read, she said, the book fosters a good wind-down span for kids and parents alike. The instructions to readers, she said, include the suggestion that children lie down while listening rather than look at the pictures. Bold text means a word or phrase should be emphasized, while italic text means a word or sentence should be read in a slow, calm voice.

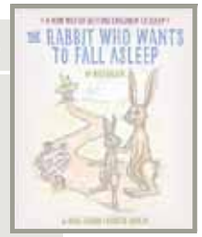
The name of the star, Roger, can be read as "Raaah-gerr," with two yawns, the author suggests.

All of that is "good sleep hygiene" for kids, Paruthi said.

Forssen Ehrlin, who has a bachelor's degree in psychology and is a guest speaker in communications at a Swedish university, said he consulted psychologists and therapists before he published the book. He wasn't a father at the time but now has a two-year-old son who has listened to the audio version since before his birth.

"I can really understand those parents who have struggled for many hours each night and not getting the child to fall asleep," he said. "I have had those nights myself with my boy. I can understand why they appreciate the book."
THE ASSOCIATED PRESS

HIGHLIGHTS



Dr. Shalini Paruthi, a pediatric sleep expert says:

- At 20 to 30 minutes to read, the book fosters a good wind-down span for kids and parents alike
- The instructions to readers, she said, include the suggestion that children lie down while listening rather than look at the pictures

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To my wife: Don't read this book

THE GAME SEQUEL

Neil Strauss' lube-soaked journey to monogamy

Falling asleep at an orgy party. Jumping into threesomes, foursomes and moresomes. Checking into rehab for sex addiction.

These are all real experiences author, journalist and ghostwriter Neil Strauss went through in his quest for true relationship happiness.

In his new book, The Truth: An Uncomfortable Book about Relationships, Strauss reflects on his life after the runaway success of The Game, a 2005 book about his experience penetrating the world of pickup artists. It brought him Godlike status among insecure males, sex galore and invites to celebrity parties. Then in the late 2000s he got his wake-up call — he got caught cheating on his girlfriend, a blond beauty named Ingrid whom he deeply loved.

He decided to shake up his lifestyle and commit to finding real happiness. He went to sex addiction rehab for a year. But they broke up, and he followed a different, lube-soaked path through non-monogamy.

Eventually, he found his way back, and he and Ingrid are married with a seven-month-old son. Here Strauss, now in his 40s, talks about his new book.

You have a disclaimer at the front of your book to your wife, Ingrid, saying, "Don't read this." Did she read it?
Yes.

What was her response?
Honestly, it was the best thing that ever happened to our relationship. There are no secrets and in a sense she feels much safer. "Oh, now that I know everything. I've got nothing really to worry about. That's the worst and I can handle that."

But I think both the idea of me wanting her not to read it at first — and you maybe needing elaboration on that — points to a bigger problem in relationships in that we're scared to show our true selves to someone. And if we don't, are you really having a relationship?

> **I just thought monogamy doesn't work, 50 per cent of all marriages end in divorce, most people no longer believe in marriage or think it works...**
> Neil Strauss

What were you trying to figure out through the whole process?
I just thought monogamy doesn't work, 50 per cent of all marriages end in divorce, most people no longer believe in marriage or think it works, so maybe it's time to design a new type of relationship that works better.

Unfortunately or fortunately, I learned over the course of the experience that the problem wasn't relationships, it was me.

What has this journey taught you about monogamy?
It's taught me that we have so many nonsense ideas in our culture that we cling to that keep us from living our lives — and that includes monogamy and non-monogamy. Ingrid and I, our relationship is to do whatever's right for three entities — me, her and the relationship, whatever that may be. (The labels) aren't useful.

There's a lot of talk in the book about sex addiction. Do you think you have a sex addiction? Do you think sex addiction is real?
The answer is I don't know, to both questions. I've definitely had psychological issues preventing me from intimacy. And I definitely think most of the people who I met who are identified as sex addicts, I think they were cheaters (laughs) and had underlying problems that prevented them from intimacy.

TORSTAR NEWS SERVICE

Neil Strauss says fatherhood has brought a sustained level of happiness incomparable to the quick highs of his past life.
CONTRIBUTED

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HUDSON'S BAY

You are definitely not going to feel guilty for what you have when your silly sister or bothersome brother tries to pull your emotional strings to get what they want.

ISTOCK

Don't loan cash to spendthrift siblings

FAMILY MATTERS

Gifts are OK, but lending will lead to resentment

Gail Vaz-Oxlade
For Metro Canada

I've noticed a phenomenon of late where the young'uns in a family who have heeded good advice are hit upon by the young'uns in a family who have not.

Having done without, made hard choices, and built up a solid financial foundation, some siblings find their less-well-off brothers and sisters become angry when they won't cough up some dough.

"C'mon," the broke siblings say, whining like seven-year-olds. "You went on vacation, you have a nice home. I have nothing. Why won't you lend me a couple hundred?"

If you've been the good kid, it seems you have two options:

1. Fork over the dough and grow silently resentful, or;
2. Refuse your sibling's pleas and be labelled selfish.

Things are even worse if you have a parent who believes that "blood is thicker than water," and that you should do whatever you can to help your poor, unfortunate sister or brother. Hey, you've been lucky — never mind that luck looked more like sweat to you.

If you've been a saver, if you've worked hard and done the things needed to build a good life while your sister or brother partied and shopped and played hooky, there may come a point where your sibling feels dumb for having wasted so much money on coffee and concert tickets.

But it may turn out that they are angry with you for what they do not have.

I'm sorry, but grasshoppers are like that. What to do, what to do?

You could offer to share your skills at money management. You could gift (if you can afford it and it doesn't mess with your plans) some money to help a sister out, as long as sister follows the new rules. You could help baby bro look at what he wants long-term and then make a plan for getting from here to there. What you're not going to do — ever — is lend your sib money.

A gift you can afford to give is fine. Lending money will only lead to further anger and resentment. And you are definitely not going to feel guilty for what you have when your silly sister or bothersome brother tries to pull your emotional strings to get what they want.

Instead, you'll to offer to teach them how to take control of their money and their lives. You're going to help them put systems — like a spending journal and a budget — in place. You're going to teach them to fish.

Don't be surprised when you get some push-back. People don't like to face up to the messes they've created.

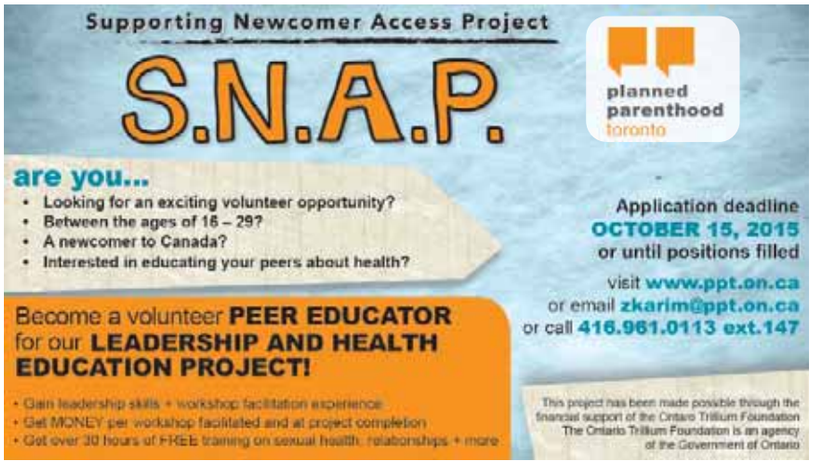
I saw that when I showed couples on TV what would happen if they continued their financial misbehaviour for five more years: More debt and more misery.

Your sib may need this kind of reality check to see how current behaviours will play out in the future.

Clearly, they're not thinking about how what they do today will affect their tomorrows. So you'll have to show them.

Sometimes your lessons will stick. Sometimes not. But keep trying.

For more money advice, visit Gail's website at gailvazoxlade.com.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Why elephants rarely get cancer

SCIENCE

New study says genes confer special protection

Despite their big size, elephants rarely get cancer, and scientists said last week they have discovered the secret to the creatures' special protection. It's in the genes.

Elephants have 38 additional modified copies of a gene that encodes p53, a compound that suppresses tumour formation.

Humans, on the other hand, have only two, according to the study in the Journal of the American Medical Association (JAMA).

This means that as elephants evolved, their bodies made many extra copies of a gene that prevents tumours from forming.

Elephants have been considered an enigma for years because they have far more cells than people, which would presumably place them at higher risk of cancer over their lifespans which can last 50-70 years.

And yet, the analysis of a large database of elephant deaths showed that less than five per cent of elephants die of cancer, compared to 11 to 25 per cent in people.

"By all logical reasoning, elephants should be developing a tremendous amount of cancer, and in fact, should be extinct by now due to such a high risk for cancer," said co-senior author Joshua Schiffman, pediatric oncologist at Huntsman Cancer Institute, University of Utah School of Medicine.

"The main impact of this remarkable story is to bring into focus the question of why we are so uniquely predisposed to cancer ... and what we can do to change this.
Mel Greaves, Institute of Cancer Research

"We think that making more p53 is nature's way of keeping this species alive."

Elephants also come naturally equipped with a more aggressive internal mechanism for killing damaged cells that are at risk for becoming cancerous, researchers said.

"In isolated elephant cells, this activity is doubled compared to healthy human cells," said the study, which was co-authored by experts from Arizona State University and the Ringling Bros. Center for Elephant Conservation.

Researchers hope that their findings could one day lead to new cancer-fighting therapies in people.

But that day could be far off, according to Mel Greaves, director of the Centre for Evolution and Cancer at The Institute of Cancer Research, London.

"It is not immediately clear what lessons there are from this elephant tale for risk of cancer in humans," he said. AFP

With so many cells, it would stand to reason that elephants would get cancer frequently, but their genes prevent them from developing tumours. AFP

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OBESITY

Bariatric surgery failure raises suicide risk: Study

Bariatric surgery is successful in significantly reducing weight for most people who undergo the procedure. But for a small proportion of patients, the operation fails to achieve hoped-for results — and that can lead to potentially dire consequences, researchers say.

A study by the Institute for Clinical Evaluative Sciences (ICES) found that in the first few years after bariatric surgery, there's an increased risk of attempted suicide in patients for whom the procedure didn't work, suggesting the need for prolonged psychological follow-up.

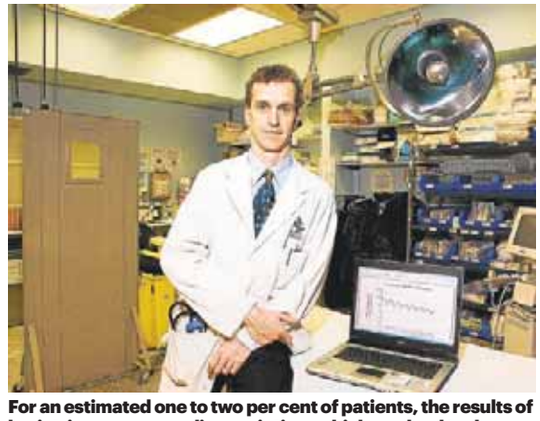
80%
Bariatric surgery patients lose up to 80 per cent of their body weight in the first year after surgery

Researchers say the operation is an effective treatment for morbid obesity, with an estimated 60 to 80 per cent reduction in weight within the first year for many patients. The procedure is also considered safe, with death rates averaging less than one per cent.

"Bariatric surgery in many cases is an extremely successful operation," said principal researcher Dr. Donald Redelmeier, an internal medicine specialist at Sunnybrook Health Sciences Centre in Toronto. "The average patient loses a lot of weight and some patients even get their diabetes cured."

But for an estimated one to two per cent of patients, the results are disappointing, he said. For such obese patients, that can lead to depression and despair because they lose hope of ever being able to shed their excess pounds, said Redelmeier, a senior scientist at ICES.

"They've played that card once.... Once you go for bariatric surgery, in some cases it's the end of the line."



For an estimated one to two per cent of patients, the results of bariatric surgery are disappointing, which can lead to depression and despair, says Dr. Donald Redelmeier. HANDOUT

Redelmeier recalled one patient he saw in Sunnybrook's emergency department who had attempted suicide with a drug overdose.

The woman had undergone bariatric surgery two years earlier, which had failed to help her lose weight.

"And she really was so depressed about it. She had just suffered at home and terminated relations with her surgeon, her family doctor and her previous psychiatrist," he said.

"She was classic for suffering in silence because of the element of shame and disappointment."

Bariatric surgery is becoming more common in Canada, according to statistics from the Canadian Institute for Health Information (CIHI). In 2013-14, hospitals performed more than 6,500 operations, up from about 1,600 in 2006-07.

Those who qualify have failed to lose weight with diet and exercise and are morbidly obese, with a body mass index of at least 40, or a BMI of 35-39 with a weight-related health condition like Type 2 diabetes, high blood pressure or severe sleep apnea. Close to 80 per cent of patients are women, and their average age is 45. THE CANADIAN PRESS

SEX, WEIGHT

Post-sex blues not so uncommon

Being hit with a case of the post-sex blues isn't as weird as many women might think. New research is shining a light on the mystery known as post-coital dysphoria (PCD). In a recent study, 46 per cent of women surveyed had experienced PCD symptoms at some point in their lives. METRO

Going to bed late may set stage for weight gain

It turns out that your bedtime may have something to do with weight gain. According to researchers at the University of California, Berkeley, teens and adults who stay up late have a better chance of packing on the pounds. A recent study revealed that each hour of lost sleep translates to a 2.1-point increase in BMI index. METRO

What's in processed foods and why

INGREDIENTS

New book takes objective look at 75 food additives

Eva Kis
Metro | New York

Steve Ettlinger's book Ingredients strips away the hype and pseudo-science of food additives. DWIGHT ESCHLIMAN

There's a lot of finger-pointing going on in the food world about the role of what we eat — specifically processed food — in modern problems from metabolic disease to depression. Steve Ettlinger doesn't take sides, but he'd appreciate it if there were a little less noise and a little more science.

"I think it's important not to freak out — as some bloggers have — that something in food also has an industrial use," he says. "It's important to turn down the chemophobia; and yet on the other hand, it's healthy to be fascinated by the fact that some of these things are made in chemical plants."

Ecological detective

His new book, Ingredients, highlights 75 of the most common additives (there are thousands) with periodic table-like photographs by Dwight Eschliman to explain how they were invented, where they're made and what they do. Ettlinger describes the writing process as having to become the "determined ecological detective" of The Omnivore's Dilemma to tell the stories of these ingredients on a high school science level. "Just as there's a terroir for Beaujolais, I wanted to see if the same was true for polysorbate 80," he says.

SNACKS DECONSTRUCTED
The book also breaks down 25 common foods, like Doritos chips, into their individual ingredients.

What Ingredients doesn't do is take sides on whether an additive is healthy or not. "An observational perspective can help educate people without conclusions and emotions," explains Eschliman.

Without the baggage of hysteria, what's left is admiration for the ingenuity of additives — and surprise at how the "natural" and "artificial" worlds can blur. Many additives are derived from sources like kelp, while products once thought of as waste now have rock star status, like whey.

Additives also evolve — partially hydrogenated vegetable oil no longer contains trans fats — while lab-made ingredients could be doing the heavy lifting that would be much more expensive, and possibly more harmful, than their natural alternatives, like artificial sweeteners versus sugar.

'Chemophobia'

Though the book acknowledges that "everyone should know to eat mostly fruit, vegetables and whole grains," that doesn't justify knee-jerk "chemophobia" just because an ingredient sounds "chemical-y." Take, for example, dihydrogen monoxide. Sounds sinister, doesn't it? As Ingredients points out, it's in everything from paint to acid rain. It's even fatal in large enough doses, and inhaling it can kill you, too. Yet, none of us would be alive if it weren't for good old water.

The forces that decide what foods end up on shelves are both scientific and political, with a patchwork of agencies trying to keep up with the pace of innovation. If Ingredients has one call to action, it's this: Being an educated consumer is the healthiest choice you can make.

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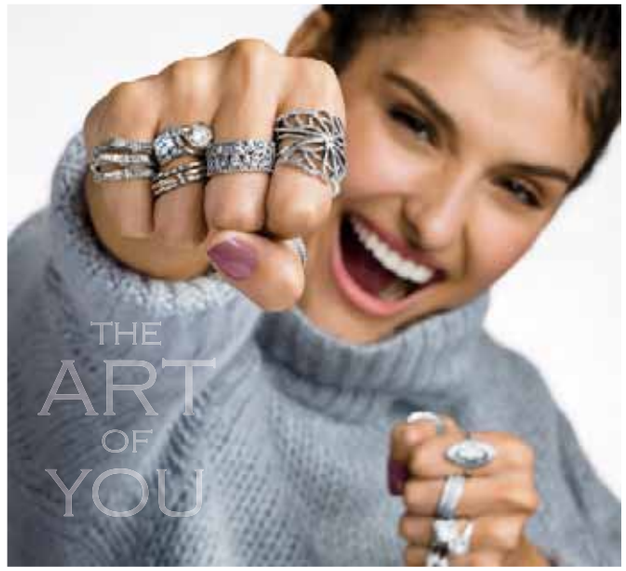

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Rose Reisman EAT THIS

You know you're going to eat fast, so next time choose this not that

THIS WEEK: Tim Hortons

It's said that breakfast is the most important meal of the day, and judging by the morning lineups at coffee shops and fast food joints, Canadians sure love their a.m. food fix. With the morning rush, most people are looking for a tasty and filling breakfast. Beware of those that may be disguised as healthy but are loaded with calories, fat and sodium. A steady diet of these meals can raise the risk of stroke and cardiovascular disease.

PICK THIS

English muffin, egg and cheese

Ingredients
English muffin, egg and cheese
Calories 270
Fat 10 g
Saturated fats 5 g
Sodium 610 mg

SKIP THIS

Sausage bagel BELT

Ingredients
Twelve grain bagel, sausage patty, egg patty, processed cheese, lettuce and tomato

Calories 580
Fat 26 g
Saturated fats 10 g
Sodium 1160 mg

HERE'S WHY

The fat equivalent of 26 Honey Dip Timbits

The Sausage Bagel BELT may be served on a twelve grain bagel, which does increase the fibre, but the bagel alone has 350 calories, 9 g of fat and 530 mg of sodium! An English muffin only has 120 calories, 1 gm of fat and 200 mg of sodium. The sausage also adds excess calories, fat and sodium. Think of this bagel breakfast being equivalent to 26 Honey Dip Timbits in fat. That's almost half your daily intake of fat before noon!

Tangy tea's alcohol level causes clash

REGULATIONS

Kombucha dealers push back against fines in U.S.

Kombucha, a fermented tea, can contain 0.5 per cent alcohol, landing it in the sights of the U.S. authorities. ISTOCK

A tangy fermented tea called kombucha has moved from the natural foods aisle to the mainstream. But it's also moved into the hot seat amid renewed concerns that it can contain low levels of alcohol.

Five years after alcohol levels detected in kombucha prompted nationwide recalls, U.S. federal authorities again are warning producers to relabel their products to indicate alcohol content or face fines. But this time around dozens of producers are resisting, and have asked for new federal tests to help them avoid running afoul of alcohol laws.

Kombucha is a tea that has been fermented with bacteria and yeast, giving it a tart, vinegar-like zip and high levels of bacteria that some consider to impart health benefits.

Its popularity in recent years has landed kombucha in the sights of the U.S. Alcohol and Tobacco Tax and Trade Bureau. That's because the fermentation process can give the drink too much alcohol for it to be legally sold as a non-alcoholic beverage.

Kombucha makers complain that the alcohol threshold that triggers the law — 0.5 per cent — is too low to intoxicate people.

Kombucha tea naturally walks the line of what federal authorities consider an alcoholic beverage. Yeast and sugars in the tea create both the desired bacteria and alcohol. A kombucha tea can edge toward 1 per cent alcohol if it is aged and not refrigerated.

Kombucha brewers say the agency needs a new alcohol test specific to fermented drinks. They say the commonly used test to determine alcohol by volume doesn't account for naturally occurring sediment in kombucha, from bits of tea leaves to strands of yeast. THE ASSOCIATED PRESS

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Lilly P., Sweden

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Medicine gets the graphic treatment

TREND

Comic novels on ailments growing in popularity

Medical graphic novels — that is, comics about people going through illnesses, or by medical professionals offering insights into their fields — appear to be a growing market, with a number of new titles in the works.

The crossover genre's appeal is twofold. For medical professionals, the books provide valuable insight into the human condition, as U.K. physician and author of The Graphic Medicine Manifesto Ian Williams says on his website, graphicmedicine.org.

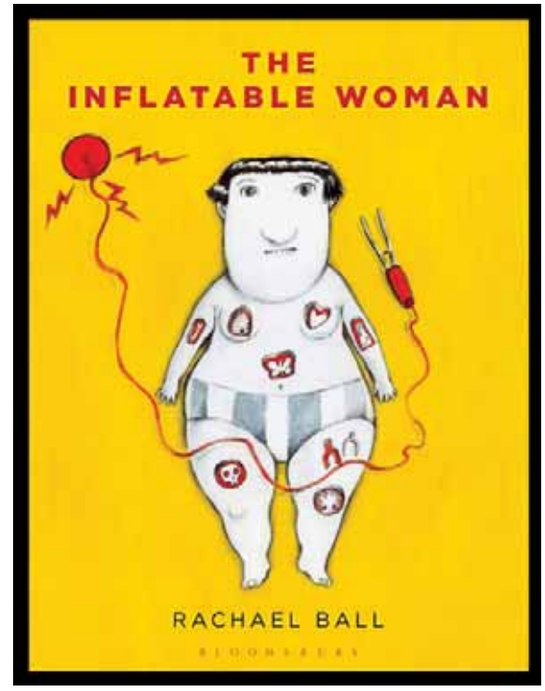
For a layman, their tell-all nature offers intimate stories that might help readers — who are "often fascinated by medical subject matter," said Williams in an email interview — cope with their own lives.

Where did the genre get its start? Justin Green's 1972 title Binky Brown Meets the Holy Virgin is "generally regarded as the first graphic memoir of illness," says Williams, although it is in the last 20 years that the number of titles has snowballed.

Among them, in 2005, the graphic novel Mom's Cancer by Brian Fies — in which the author recounts his mother's fight with metastatic lung cancer — won a prestigious Eisner award for best digital comic.

Flash forward a decade, and publishing industry source The Bookseller notes a growing popularity for the genre, citing titles such as 2011's Billy, Me & You by Nicola Streeten, in which the author writes of her recovery from the death of her young son, and Ian Williams's own 2014 title The Bad Doctor, a semi-autobiographical book in which he draws on his experiences as a rural doctor.

More titles from patients and their families are on the way. In the coming months Bloomsbury will publish Rachael Ball's The Inflatable Woman, which started life as a series of blog posts after Ball was diagnosed with breast cancer. Myriad Editions, the publisher behind Streeten's and Williams's graphic novels, has plans to release Holy in the Heart in June 2016; in it, author Henny Beaumont tells the story of learning her third child would have Down's syndrome. To follow in 2017 is The Facts of Life by Paula Knight, about family, mothering and miscarriage. AFP



WHERE TO START

Recommendations

Ian Williams, the man behind graphicmedicine.org, a site dedicated to the use of comics in the practice of medicine and patient care, recommends the following titles for those interested in the medical graphic novel genre:

- Mom's Cancer, by Brian Fies
- Marbles, by Ellen Forney
- Epileptic, by David B.
- Wrinkles, by Paco Roca

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TEENS, CHEATING

Too much screen time may increase risk of high blood pressure in teens

A new study shows that excessive time spent on the Internet can increase a teenager's risk of high blood pressure. The latest finding adds to a growing body of research showing a link between heavy internet use and increased health risks such as addiction, anxiety, depression, obesity and social isolation. In their study, researchers from the Henry Ford Hospital in Detroit found that teens who spent a minimum of 14 hours a week on the internet had elevated blood pressure. AFP

Men and women see cheating differently, study says

Men and women think of infidelity in different ways, with feelings of jealousy stronger for men when it involves sex, and jealousy ringing higher for women when it involves emotional cheating. Those are the conclusions drawn from a study out of the Norway, which looked at how men and women respond to different types of infidelity. AFP

Can stress prepare teens better?

STUDY ON RATS

Researchers say benefits may come with long-term cost

An American study has found that stress in adolescent rats better prepares them for adulthood.

A rat exposed to stress during adolescence is better equipped for handling challenges of adult life, according to researchers from Penn State University.

A number of studies have focused on this subject and the consequences of stress related to poor environmental conditions or intimidation or abuse in children and teens.

Results have shown that this kind of environment could be associated with behavioral changes as well as changes in the cognitive and physiological abilities of teenagers, however very few longitudinal studies exist on the subject.

To better study this phenomenon on animal subjects, the researchers chose rats as they have a short lifespan, making it easier to identify long-term effects of stress.

"Unpredictable stress can have dramatic and lasting consequences, both for humans and free-living animals," researchers from Penn State University. AFP

The study consisted of exposing rats to different levels of frequent and erratic physical and social stress over a period of time equivalent to that of adolescence. The rats were placed in cages of reduced size, tilted or overcrowded. They were also socially isolated from each other and subject to predatory sounds and smells. After five weeks, the researchers subjected the animals to a series of tests in both standard and high-stress conditions to identify the durable effects of stress and evaluate their capacity to resolve tasks.

When the rats were subjected to stressful conditions, the adult rats that had experienced similar conditions during their adolescence showed a tendency to forage for food sooner than other rats and visited 20 per cent more food patches. This group of subjects obtained 43 per cent more food than rats that had not been previously exposed to stress.

Exposed to standard, stress-free conditions, the same rats took their time to forage for food while their counterparts began searching for food sooner.

The results, published in the October edition of the journal Animal Behavior indicate that these animals solved problems and tackled obstacles more efficiently in stressful situations. They also presented no cognitive decline.

The research team outlined that unpredictability was at the core of the experiment.

"Unpredictable stress can have dramatic and lasting consequences, both for humans and free-living animals. Unpredictability is part of what can make stress so toxic. You don't have control over your environment, you don't have control over what's going to happen next, you're not able to predict it," outlined Lauren Chaby.

Although exposing the rats to stress during adolescence better prepared the rats for the unpredictable aspect of stress, there may still be a cost in the longer term, both for animals and humans, noted the researchers, who hope the results can help provide insights for approaches to studying adolescent stress in humans. AFP

No purchase necessary. One entry per person, per day. Contest open to residents of the city of Toronto, ON, who have attained the age of majority at the start of the Contest Period. Odds of winning depend on the number of eligible entries received. One (1) prize is available to be won consisting of a GoPro HERO4 Silver Edition. Approximate retail value of the prize is $529.99 CDN. The selected entrant must correctly answer, unaided, a mathematical skill-testing question to be declared a winner. Contest Period opens at 12:01 am ET on Oct. 13, 2015 and closes at 11:59 pm ET on Oct. 30, 2015. To enter and for complete contest rules visit www.clubmetro.com.

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RELATIONSHIPS

When love crosses political party lines

Bipartisan love

Josh Lieblein is most definitely a right-wing Conservative, while Devon Spier definitely leans more to the left. TORSTAR NEWS SERVICE

In Joshua Lieblein and Devon Spier's living room, one half of the wall is filled with his Conservative party accolades, the other with her peace medallion and religious studies awards.

Suffice it to say, their political loyalties differ.

"I'm sure whatever happens (in the federal election), Josh and I will cancel each other out," said Spier, who has never voted for the Conservatives.

With the federal election just around the corner, couples are bound to start paying attention to one another's political stripes. And while some bipartisan couples say heated political disputes keep them on their toes, others admit sleeping with a foe can prove difficult — or even devastating.

For Spier and Lieblein, their sticking point these days is refugee issues.

They've had "very robust" conversations, with Spier arguing that Canada needs to be inclusive and welcoming of refugees, and Lieblein arguing some people fear refugees will scam Canada's social welfare system.

"Sometimes, yes, it does get heated," admits Spier, a program co-ordinator with a non-profit organization in Kitchener. "But there are always still moments even in the heat of passion and disagreement and wildly waving your hands where you realize the other person is just as concerned about creating a country that's healthy and thriving."

The two say mutual respect, shared faith and shared values help them overcome their political divide.

Inevitably, political spats are bound to cause some damage to bipartisan relationships — but perhaps not irreparably so. According to one recent survey from online dating site Match.com, only 20 per cent of women and 17 per cent of men said a partner supporting the same party was a "must have," while respect, trust and the ability to confide in each other was a must have for 65 per cent of respondents.

But it can still be tricky territory to navigate.

In Oakville, 23-year-old NDP supporter Cydoney Curran and her boyfriend were enjoying a low-key dinner at their local wing joint a few months back when, suddenly, hands were flying, voices were getting louder and the couple next to them was staring.

They'd launched into a political debate.

"He found out that I was part Métis and we started talking about all the missing and murdered aboriginal women," she said, recalling the heated debate. "It wasn't like he said that was a non-important issue, but he currently thinks the Conservatives should be spending their money fixing reserves and housing (than on a public inquiry)."

The conversation ended with the two agreeing to disagree.

While bipartisan relationships have the inevitable pitfalls — sporadic spats at election time or disputes over lawn signs — couples can still develop healthy relationships, says Kimberly Moffit, director of KMA Therapy in Toronto. Political divides can even strengthen them.

"Being able to work through challenging situations really does help couples thrive because they know, 'Hey, we really do have the ability to make this work. We're not going to let one belief that's different define our relationship,'" she said. "Practising is good. Working through issues is good. And I think politics is no different."

TORSTAR NEWS SERVICE

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LEARNING CURVE

Break up your study segments

With midterms around the corner, panic may be setting in for students who have been procrastinating. But there is still time to study effectively, says Joanne Dominico, a learning strategist at Toronto's Centennial College

"Students should be reviewing notes regularly within 24 hours of each class and at the end of the week because it helps to commit concepts from short- to long-term memory," she says. "But procrastination is so common that a major review can be done one to two weeks beforehand."

To successfully use the time left before midterms, Dominico suggests setting a study schedule that allows for breaks and contains goals, as well as a list of exam topics so you can cover your weakest areas first. That way, if you run out of time, you will have studied the topics with which you were least familiar.

SHUTTERSTOCK

"Writing things down will make you more likely to do them," she says. "Also, studies show people who break up study times into smaller segments tend to retain more. Add 10-minute breaks for every hour of study. They'll also give you a chance to check your phone, which should be on silent."

To maximize study times, Dominico says, try well-known methods, such as the SQ3R strategy for reading textbooks, which can easily be applied to midterm prep.

"The first 'S' is for survey, so scan the intro, bolded points, graphs and conclusion," she says. "The 'Q' stands for question. Most textbooks have questions, which you use to make flashcards. The first 'R' stands for read. As you read, you look for the answers, which keeps you interested. When you find an answer, write it on the flashcard. Then recite out loud and review."

You should also remember, Dominico says, that you aren't alone. Check out your school's website or library to see what services are available.

And once midterms are over, Dominico advises using the results to determine whether you need to rethink the way you prepare.

"If you're happy with your results, keep doing what you're doing. If not, you can tweak how you study until you find a style that works for you."

– Izabela Szydlo

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Many students who enrol in the medical office administrator program begin without previous work experience in the industry, which is why the program includes work placements in clinics, hospitals, and other public and private facilities. Not only will this give students a competitive edge post-graduation, it also provides the student with an opportunity to practise and master their knowledge of medical terminology, skills, and accuracy. On-the-job training is not always available, which is why clinical placements in real-world settings are crucial to an education in health care.

"For my practicum I worked at a cardiologist's office," says graduate Sam T. "I used everything that I learned, and right after I finished, she hired me right away."

"CDI College changed my life," says medical office administrator graduate Brandie M. "It gave me the opportunity to get a job in a hospital, which was my goal."

To find out more about CDI College's medical office administrator program or other health-care programs, call 1-800-360-7186 or visit study.cdicollege.ca.

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Ann Buller, Centennial College president and CEO, cuts the ribbon at the Branded Digital Services Lab at the school's Progress Campus. ANIA POTYRALA/CENTENNIAL COLLEGE

PARTNERSHIP WILL ENHANCE OPPORTUNITIES

SAMSUNG AND CENTENNIAL

A first-of-its-kind in Canada partnership has Centennial College and Samsung Electronics Canada teaming up to teach students about diagnosing and servicing the company's digital appliances — and directly impacting their employability, says Samsung's chief brand officer.

"The designation students will receive after completing this program will enhance their marketability and job opportunities," says Mark Childs of the continuing education collaboration that brought the Samsung Tech Institute to Centennial through an initiative called The Samsung Pathway, which integrates two new courses into the electronics engineering technician program.

"They will be recognized on their Centennial diploma as Samsung certified repair technicians."

The classes, which began in September, are led by experienced Samsung repair technicians and cover a range of appliances, including washers, dryers, refrigerators, gas-ranges, and microwaves. Through hands-on lessons in a Branded Digital Services Lab stocked with Samsung home appliances, the initiative reflects Centennial's practical approach.

"Samsung Canada will continue to work with Centennial … ensuring students are receiving updated course content that is aligned to the products they are learning on," Childs says of the curriculum and lab, which will be updated annually so students study the most recent technology Samsung has in the Canadian marketplace.

"Partnering with an innovative technology company like Samsung is a logical progression of the real-world learning opportunities we provide our students," says Ann Buller, the college's president and CEO. "Samsung products are used … in millions of Canadian homes, and the additional training will serve as a tremendous asset to Centennial graduates moving forward in their careers."

Childs says the partnership is an example of the company's commitment to support Canadian education through a partner that shares its vision and passion for innovation.

"After meeting Centennial's team, we knew there were synergies which would bring this program to life," he says. "We are extremely proud … and thrilled that Centennial students have also shown their support with enrolment reaching its capacity in its inaugural semester."

The Samsung Tech Institute will also offer select graduates co-op and apprenticeship opportunities, as well as three $1,000 Samsung scholarships to top students for achievements in academics.

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HOMEWORK FOR YOUR FUTURE

Now is the time for students who are considering attending a post-secondary institution in fall 2016 to begin their research, says one recruitment expert.

"There is a lot to consider when choosing a school," says Dave Scott, manager of liaison and recruitment at George Brown College. "Start by asking yourself what kind of career you want and then figure out what program will lead to that. If you aren't sure, begin by looking at your strengths and the things you really like to figure out a career path and the program that will get you there."

Scott says the most common place to start research is online or with a school's guidance counsellor, who can provide printed materials such as school calendars that can be used as reference points.

"Search engines will lead students to the websites of schools," he says. "Those are good starting points because they cover a range of information such as admission requirements, program overviews, financial requirements, and allow prospective students to gain a perception of student and campus life."

To take it a step further, Scott suggests interacting with schools on social media networks. Every college, he says, is actively engaged with students and uses its social media accounts to promote upcoming events such as campus tours, open houses and information sessions about particular programs.

"Students now have huge access to the extended footprint of a college beyond the physical school," he says. "And as they get closer to making a decision, campus tours or open houses make it more real and answer physical questions such as whether you will live on campus or commute."

Another place for an in-person connection is the annual Ontario College Information Fair, where all Ontario colleges present prospective students with essential information about programs and campus life, while giving them the opportunity to ask questions.

"This fair is for anyone who has an interest in college," Scott says. "Sixty per cent of applicants to Ontario colleges are people not coming from high school, so anyone can attend. Parents are also welcome.

CONTRIBUTED

ONTARIO COLLEGE INFORMATION FAIR

The Ontario College Information Fair, the largest event of its kind in the province, will take place at the Enercare Centre, Hall B, Exhibition Place (100 Princes' Blvd.) on Oct. 19 from 5-9 p.m., and on Oct. 20 from 10 a.m. to 3 p.m. In addition to informational booths, host GTA colleges, including George Brown College, Centennial College, Humber College, The Michener Institute, Seneca College and Sheridan College, will make presentations. Admission is free. For more information, visit ocif.ca.

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Careers of tomorrow

The new economy — one being transformed by innovations and technology that are creating increased demands for a more highly qualified workforce — is aligning colleges and industry more closely than ever before, says one expert.

"A key strength of college education in Ontario is that program options can be quickly adjusted to respond to changes in the local economy," says Bill Summers, the vice-president of research and policy at Ontario Colleges, the application service for the province's public colleges. "Business and industry leaders are working closely with colleges to ensure that students are acquiring the professional and technical qualifications to pursue rewarding careers."

While colleges have always collaborated with industry to add new programs and discontinue others as the workplace evolves, Summers says globalization and the rapid pace of new innovations have required a quicker response.

"Colleges are helping greater numbers of people to acquire career-specific qualifications as part of their education," he says. "In fact, the number of university graduates enrolled in college programs has increased more than 40 per cent over five years."

Among the program areas that have been recently developed, with contribution from industry in response to market labour trends, are analytics for business decision-making, mobile marketing, and 3D printing for manufacturing.

In addition to the industry, colleges are using other avenues, such as information programs, to strengthen the resources and information available about the careers of tomorrow and the programs that will get students into them.

"This includes the Ontario College Information Fair in Toronto, where students can visit booths and displays showcasing the exciting programs at all 24 public Ontario colleges," says Summers of the event, which takes place Oct. 19-20.

For more information, visit ocif.ca.

PUTTING STUDENTS' SUCCESS FIRST

NEW LEARNING RESOURCE COMMONS AT HUMBER COLLEGE

More than 264,000 square feet of welcoming, state-of-the-art space is now open on Humber College's North Campus for students to explore.

The Humber Learning Resource Commons boasts a six-storey staircase, ground-floor atrium and gallery, plus a new library and learning commons for students to study and socialize. There is also better access to many services, including academic and career advising, registration, and health, to name a few.

"The LRC is exactly what students need," says postgraduate student Jose Cardoso. "It is welcoming and there's lots of space to study and relax with friends. More importantly, the building is a one-stop shop for services, which we can access without having to navigate the entire campus. "

It may be glass on the outside, but the

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Learning Resource Commons is green through and through. It has a green roof, solar panels, energy-efficient lighting and designated carpool spots.

The Learning Resource Commons is a significant milestone for Humber College because it demonstrates Humber's commitment to put students and their success first, says Chris Whitaker, Humber president and CEO.

"From the first day of planning to the last day of construction, student needs were of primary importance as this building came to fruition," Whitaker says.

Everyone from prospective students to graduates can find answers to all their questions in this one building. The office of the registrar and general information desk are on the first floor, as is the campus's first Starbucks.

Walk up one floor (or take the elevator) to the student wellness and accessibility centre. Student life, the international centre, multifaith centre, the aboriginal resource centre and testing services are also on the second floor.

Head up to the third floor to access the math and writing centre and peer-assisted learning support. Check out the learning commons space on the same floor for a great place to study.

The fourth floor is home to the new and improved library, which offers plenty of private and shared spaces.

The school of liberal arts and sciences, advancement and alumni relations, academic upgrading and the centre for human rights, equity and diversity all share space on the fifth floor.

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Smart skills for the 21st century skill set

Sheridan College partners with ThirdQuarter

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The Sheridan College faculty of continuing and professional studies has found that at least 70 per cent of its students enrolling in continuing education courses and programs are on one form of career journey or another.

To help any of these customers who are 45 years old and older, Sheridan College partners with ThirdQuarter to assist mature job seekers access the most relevant continuing education courses and valuable professional development.

Through a series of workshops called smart skills for the 21st century workplace, ThirdQuarter and Sheridan College aim to equip older workers with the critical thinking, problem-solving, communication, collaboration and teamwork skills they need to thrive in today's workplace.

These workshops are designed for people who aspire to actively re-engage and participate in the 21st century workforce by developing essential 21st century skills.

"We believe that the 21st century skills set is ubiquitous to the 21st century workplace," says Michael Cassidy, associate dean, continuing and professional studies, Sheridan College. "People looking to improve their careers, or seek new careers, would benefit from identifying and practising 21st century skills."

Participants will improve career success by building core skills in creative, critical and analytical thinking, as well as skills and strategies to enhance performance through compassion, problem solving, communication and collaborative teamwork.

"Both partners think that orienting more people to continuing education is a solution to a multitude of individual career problems for the Canadian mature workforce," Cassidy says. "The idea that education is for young people doesn't serve our economic and social needs very well. Now, more than ever, it has been generally accepted that we all need to embrace ongoing learning to find our way into our future."

Cassidy adds that today's workers must also employ a high level of adaptability and versatility, and these skills can be learned through this workshop series.

ThirdQuarter is a national non-profit organization, specializing in recruitment services for mature Canadian job seekers aged 45 and older, who are in the "third-quarter" of their careers.

For more about this partnership and the workshops, visit sheridancollege.ca.

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IN BRIEF

Reynolds says he meant no harm with comment

Television broadcaster Harold Reynolds apologized on Monday and said that he didn't mean to upset Canadians with a comment he made during Game 3 of the ALDS.

After a foul ball by Blue Jays outfielder Jose Bautista in the fourth inning of Sunday's 5-1 win, the FOX commentator said "there's not a lot of people that grew up playing baseball in Canada, they're not used to catching a lot of balls in the stands ... not many people catching that one, anyway."

Harold Reynolds GETTY IMAGES

"Sorry Canada, whole country, if I offended you for that," Reynolds said Monday in an interview on Sportsnet during the pre-game show in Canada. "I'm well aware of the baseball players that have come out of there."

He added he was unaware of the controversy until former NL MVP Larry Walker of Maple Ridge, B.C., called him Monday morning. THE CANADIAN PRESS

Jays withstand Texas heat

MLB PLAYOFFS

Toronto staves off elimination again to force Game 5 at home

After twice being on the brink of playoff extinction, the Blue Jays are now one win away from the American League Championship Series.

Backed by early Josh Donaldson, Chris Colabello and Kevin Pillar home runs, R.A. Dickey and David Price combined for 7-2/3 innings as Toronto defeated the Texas Rangers 8-4 to tie their AL Division Series at two games apiece.

The deciding Game 5 goes Wednesday at Rogers Centre, with hope of a happy ending for Toronto's first foray into the playoffs in 22 years. The home team has yet to win in the series.

Price relieved Dickey with two outs in the fifth and the Jays leading 7-1, meaning Marcus Stroman will likely start Wednesday in what could be a rematch of Game 2 against Cole Hamels.

Price threw 50 pitches over three innings, giving up three runs on six hits with two strikeouts. Aaron Sanchez and Roberto Osuna finished it off for the Jays.

"Sometimes the best way to win games is to not let teams back into it," said Toronto manager John Gibbons when asked why he turned to Price out of the bullpen. "I told Price if we get you up (in the bullpen) you're going in."

It was Price's first relief outing in five years. He made five playoff relief appearances in 2008 with Tampa Bay.

The six-foot-six left-hander, the losing pitcher in Game 1, is now 2-6 all-time in the post-season. The two wins are both as a reliever and the six losses all as a starter.

After losing the first two games 5-3 and 6-4 in 14 innings in Toronto, the Jays had taken one step out of the hole they had dug themselves when they defeated Texas 5-1 Sunday on the strength of Troy Tulowitzki's three-run homer.

On Monday, they led 3-0 before Dickey set foot on the mound. It was 4-0 after two innings and 7-1 after three. Things settled down after that.

The Jays, who managed three home runs in the first three games, matched that total in two innings Monday for a franchise playoff record. It marked the first time the Blue Jays have hit three homers in a post-season game. The team had nine two-homer games.

Toronto led the majors with 232 homers during the regular season.

Rangers third baseman Adrian Beltre returned to the lineup after leaving Game 1 with a lower back strain and had a pair of hits. THE CANADIAN PRESS

Blue Jays designated hitter Edwin Encarnacion scores under Rangers catcher Robinson Chirinos on Monday in Arlington, Texas. TONY GUTIERREZ/THE ASSOCIATED PRESS

ALDS Game 4

8	4

IN HOUSTON

Astros error breathes life back into Royals' season

Astros shortstop Carlos Correa couldn't handle a deflected grounder that might have been a double-play ball, helping the Kansas City Royals rally for five runs in the eighth inning to beat Houston 9-6 Monday and force their playoff series to a decisive Game 5. THE ASSOCIATED PRESS

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Harris' accuracy secures Argos' road-warrior tag

CFL

QB's two TDs help Toronto keep winning

The Toronto Argonauts have become the road warriors of the Canadian Football League.

Trevor Harris threw touchdown passes to Diontae Spencer and Tori Gurley as the Argonauts stretched their winning run to three games, all away from home, with a 25-17 victory over the Montreal Alouettes on Monday afternoon.

Their win in Ottawa last week was supposed to have been a home game, but they were forced out of the Rogers Centre by the Blue Jays playoff run. Their next game, Saturday against the Calgary Stampeders, may be moved to Tim Hortons Field in Hamilton.

"Of course, we'd much rather be in the dome than playing at Tim Hortons, but that's what it us.," said coach Scott Milanovich, whose team is 5-4 away from the Rogers Centre. "That's the hand we've been dealt and we're going to play to win."

Brandon Whitaker ran in a touchdown and Justin Palardy kicked a field goal for Toronto (9-5), now tied with the Hamilton Tiger-Cats atop the East Division.

Milanovich feels his team cannot lose more than one of their four remaining regular-season games to take first place in the division and may even have to run the table because the Ticats have the edge in the season series between them.

Tyrell Sutton and B.J. Cunningham scored TDs and Boris Bede had a field goal for Montreal (5-9), which lost a third game in a row before 21,536 at Percival Molson Stadium.

The Alouettes lost yet another quarterback as Rakeem Cato suffered a suspected concussion on a Thomas Miles sack just ahead of halftime and did not return. That brought in Anthony Boone, the sixth QB they have used this season.

Montreal's Samuel Giguere, left, gets tackled by Toronto's Brandon Isaac on Monday. GRAHAM HUGHES/ THE CANADIAN PRESS

MONDAY in Montreal

ARGOS	ALOUETTES
25	17

When Boone couldn't move the ball, Tanner Marsh took over in the fourth quarter.

Coach Jim Popp wasn't sure yet which quarterback will start Sunday at home against Hamilton.

He said Boone and Marsh "will get all the reps in practice, a lot more than they had this week. For them to come in and play was difficult."

Cato was good on nine of 12 passes for 72 yards and had a 9-7 lead when he left the game. Boone was 6-for-12 with an interception and Marsh was 9-for-14 for 119 yards, a touchdown and a pick.

Harris, who went 16-for-21 for 182 yards, two TDs and an interception, led scoring drives when Toronto needed them.

THE CANADIAN PRESS

NFL GATES BACK FOR CHARGERS Steelers defensive back Ross Cockrell tackles San Diego Chargers tight end Antonio Gates on Monday in San Diego. Gates was making his season debut after serving a four-game suspension for violating the NFL's policy on performance-enhancing substances. For the result of this game, go to metronews.ca. DONALD MIRALLE/GETTY IMAGES

MLS

TFC bolster ranks off pitch by naming Manning president

Bill Manning, a two-time winner of Major League Soccer's Executive of the Year award with Real Salt Lake, has been named president of Toronto FC.

The move leaves a president in charge in each of Maple Leaf Sports and Entertainment's prized assets: Brendan Shanahan with the Leafs, Masai Ujiri with the Raptors and now Manning with TFC.

"Just as we have worked to add star talent on the pitch to help build Toronto FC into a consistent contender in Major League Soccer, today we are thrilled to add an equally as important and impressive executive in Bill Manning to lead the club," Larry Tanenbaum, chairman of the MLSE board of directors, said in a statement Monday.

"Our ambition is to bring MLS championships to our fans in Toronto and adding a leader of Bill's calibre is another important part of that process and vision."

Manning will take over his new position on Friday, overseeing all TFC team and business operations.

Toronto has been without a president since firing Kevin Payne, who doubled as GM, in September 2013. Tim Bezbatchenko is Toronto's current GM. Manning, who won the MLS's top executive award in 2012 and 2014, left his job as president of Real Salt Lake and Rio Tinto Stadium in August after eight years with the club. At the time, RSL said it was revamping its management structure.

THE CANADIAN PRESS

RESUME

Under Bill Manning, Real Salt Lake won the 2009 MLS Cup and was runner-up in 2013. The club also thrived off the field.

IN BRIEF

Evidence leading to Blatter and Platini's 90-day bans revealed

The lack of a written contract and a delay collecting payment led to the 90-day suspensions for Sepp Blatter and Michel Platini, a person familiar with the FIFA ethics case told The Associated Press on Monday.

Blatter and Platini were handed 90-day bans last week after failing to provide written evidence to justify a payment of 2 million Swiss francs (about $2 million) that Platini received from FIFA in 2011 — nine years after the job was completed, according to the anonymous source.

Both Blatter, the FIFA president, and Platini, his counterpart at UEFA, face longer bans if the FIFA ethics committee proves its case to ethics judge Hans-Joachim Eckert.

THE ASSOCIATED PRESS

England cruise into Euros with strong record

England eased into the European Championship after their qualification campaign ended with yet another win.

A 3-0 victory away to Lithuania on Monday saw Roy Hodgson's side finish with the best record in qualifying following 10 straight wins. Elsewhere, second-placed Switzerland beat Estonia 1-0 after an own goal from defender Ragnar Klavan in fourth minute of second-half stoppage time.

The already-qualified Swiss finished on 21 points, nine adrift of England but five ahead of third-placed Slovenia.

THE ASSOCIATED PRESS

Slovakia makes its first championships in second while Spain tops Group C

Slovakia beat Luxembourg 4-2 on Monday to advance to the European Championship for the first time as an independent nation.

The win against the already eliminated Luxembourg secured Slovakia second place in Group C and an automatic spot at Euro 2016 in France.

Group winner Spain, which had already qualified in advance, defeated Ukraine 1-0 in Kyiv, sending the hosts to the playoffs.

Spain finished with 27 points from 10 matches, while Slovakia ended with 22 points and Ukraine stayed with 19.

THE ASSOCIATED PRESS

Andrew Wiggins (left) and Kevin Garnett. GETTY IMAGES

Wiggins leans in to Big Ticket

MINNESOTA TIMBERWOLVES

Vet Garnett has new role as mentor for young star

The Minnesota Timberwolves were practising in Toronto, and off to one side, Andrew Wiggins was leaning, head bent to one side, listening to Kevin Garnett.

It's become a common sight since Garnett returned to the T'Wolves in February of last season, a mentoring partnership between one of the league's oldest and greatest players and Wiggins, the game's future.

"Just in those couple of minutes, he teaches me and tells me stuff that can help me for the rest of my career," Wiggins said.

The 20-year-old from Vaughan, Ont., was home for Minnesota's pre-season game against the Toronto Raptors on Monday. As of Monday morning, he was trying to purchase 16 courtside seats for family and friends, at the Air Canada Centre.

> **He tells me stuff that can help me for the rest of my career.**
> Andrew Wiggins

Both the Raptors and their fans would undoubtedly rather see the reigning NBA rookie of the year in a Toronto jersey, but the young star is in a good place in Minnesota, according to T'Wolves interim head coach Sam Mitchell.

"Our veteran guys have pitched in trying to mentor our young guys and trying to make them understand just how difficult this league is and how hard you have to work, and most important how to prepare for games," said the former Raptors coach. "We have a nice mix of guys."

The T'Wolves also signed veterans Andre Miller (39) and Tayshaun Prince (35) in the off-season, and the blend of young and old has made for an "exciting" camp, said Wiggins.

"The vets on our team love to teach, whenever we do something wrong or right, or a good play, they're always telling us why you should do this, why you should do that," Wiggins said. "So it's been a lot of learning and also been very exciting for young players."

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RECIPE Roasted Pork Tenderloin with Sweet Potatoes and Apples

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Don't bother telling people how easy this is to make!. **Serves 4**
Prep time: 50 minutes

Ingredients

- 3 Tbsp Dijon mustard
- 3 Tbsp maple syrup
- 2 Tbsp apple cider vinegar
- 1 large apple, peeled, cored and chopped into 1/2 inch wedges (use a firm apple like Gala or Honey Crisp)
- 2 tsp thyme, finely chopped
- 1 smallish sweet potato, peeled and chopped into 1/2-inch discs
- 1 onion, peeled and sliced into 1/4 inch rounds
- 1.25 – 1.5 kg pork loin
- Salt and pepper

Directions

1. Preheat the oven to 425 degrees. In a small bowl, mix 1 Tbsp Dijon, 1 Tbsp maple syrup, 1 Tbsp vinegar.

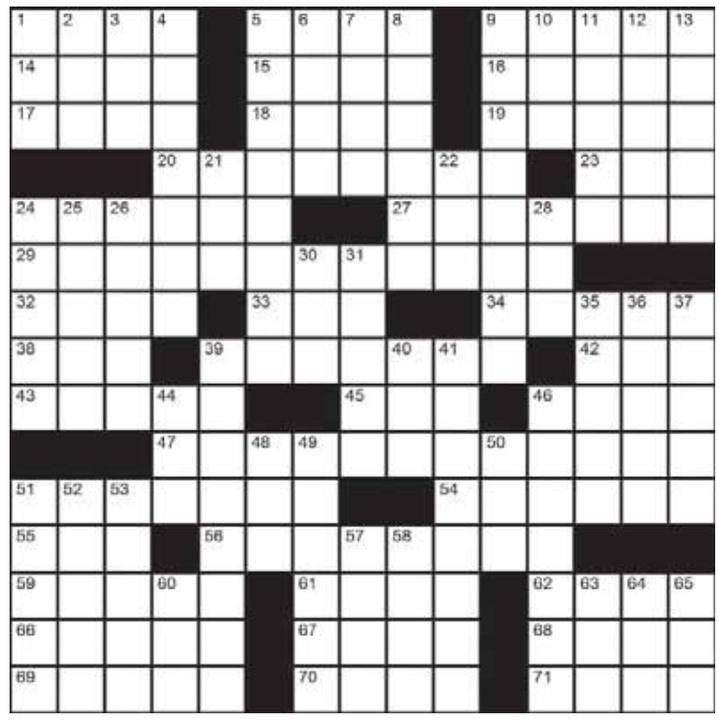
2. Assemble apples and vegetables in two rows in a roasting pan, alternating onion, sweet potato and apple. Brush marinade over everything. Roast 25 minutes.

3. Mix the rest of the Dijon, syrup, vinegar and thyme. Season pork with salt and pepper then brush marinade all over. Take roasting pan out of oven and place loin in between the two rows of fruit and veg. It's fine if they overlap. Place back in oven 20 to 25 minutes. The internal temperature of pork should be between 140 and 145 degrees.

4. Take everything out and cover with foil and let meat rest about 10 minutes before serving.

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS

1. Winnipeg hockey players
5. WWI fighter plane
9. Shocked reactions
14. Buffalo's lake
15. British band, __ Shaker
16. Enjoy the meal: 2 wds.
17. Hay bundle
18. Mr. Roddick of tennis
19. "Ta-da!"
20. Ink-and-needle artist
23. Questionnaire query
24. Peter of "The Lion in Winter" (1968)
27. Spotted
29. First Nations celebrity chef: 2 wds.
32. Story told backwards?
33. "It's _ __ brainer!"
34. "No More __" by Mary J. Blige
38. Little 'little'
39. Puzzle
42. The White Stripes drummer
43. Western prop
45. Fitness system, __ Bo
46. Plant that's been on the Earth for millions and millions of years
47. Touchdown-getter's celebratory display: 3 wds.
51. Prehistoric supercontinent
54. Namesakes of TV personality Ms. Fuentes
55. Toronto museum [acronym]
56. Can be torn, as paper
59. __ boom
61. Mountain lion
62. Canadian basketball great Steve
66. Pledge of faithfulness, in times of yore
67. Mr. Clapton
68. "Farewell!"
69. Flip
70. Computer's resting spot
71. Thus

DOWN

1. 2016 US Presidential candidate, __!
2. Pitcher's stat.
3. Blue Rodeo's "'__ I Am Myself Again"
4. Make sure the task gets done: 3 wds.
5. Rideau Canal __ (Wintertime attraction in Ottawa)
6. Type of football kick
7. Montreal-headquartered footwear retailer
8. Saturday or Sunday, to business week workers: 2 wds.
9. Prepare: 2 wds.
10. "Fan-tast-ic!"
11. Montreal __ Spice (Type of seasoning)
12. Cleanse
13. Velocity
21. Municipal council member, e.g.
22. Furniture wood
24. Entertainment journalist Nancy
25. Ms. Shire of "Rocky" (1976)
26. Long circles
28. Train co. headquartered in Montreal
30. Pluralled switch position
31. 6/49 or Max
35. Last words in prayers
36. 2008 hit song for Duffy
37. Choreographer Ms. de Mille
39. The Queen's system
40. 'Paris' suffix
41. Market research information
44. Section, for short
46. Tin-glazed earthenware
48. Agnus __ (Lamb of God)
49. Handled a laser
50. NBA's Mavericks, on scoreboards
51. Histories
52. Shopping venue of ancient Greece
53. Taboos
57. Genuine
58. Quebec 'friends'
60. "__ So Easy!" by The Crickets
63. Oxygen
64. Droop
65. "Yoo-__!"

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
The more you try to force events in one direction the more they seem to move in the opposite. Today's new moon in your opposite sign is an invitation to go with the flow. It won't be so bad.

Taurus April 21 - May 21
There is a strong possibility that partners, friends and even work colleagues will be opposed to what you want to do today. Being the stubborn Taurus you are that will only make you more determined to do it.

Gemini May 22 - June 21
You will one day be glad that you were forced to make certain changes, and if you stop struggling and work with them today you will benefit financially and professionally.

Cancer June 22 - July 23
Keep doing what you are doing and keep believing that your input makes a difference. Remember though that a job well done is a job you should also be paid for.

Leo July 24 - Aug. 23
Make this the day you throw out all the emotional junk you have acquired over the past six months or so. If a relationship has become too stifling now is a good time to start putting some distance between you.

Virgo Aug. 24 - Sept. 23
Pace yourself sensibly and make sure you are flexible so you can deal with whatever fate chooses to throw your way. What occurs is likely to catch everyone by surprise, but you will recover faster than most.

Libra Sept. 24 - Oct. 23
Don't give up on something just because it is proving difficult. Today's new moon in your sign indicates that if you stick it out a little longer you will get the breakthrough you have been hoping for.

Scorpio Oct. 24 - Nov. 22
Don't take it to heart if certain people seem to be avoiding you. It does not mean they no longer like you. The most likely reason is that they don't want to burden you with their woes.

Sagittarius Nov. 23 - Dec. 21
What happens over the next 24 hours will take most people by surprise, but not you. You have sensed for quite some time that a big change was coming, so you will be ready for it. Help those who take it hard.

Capricorn Dec. 22 - Jan. 20
You have no time for trivial ambitions and still less time for trivial people and what happens today and tomorrow will make it clear to everyone that you are a serious player.

Aquarius Jan. 21 - Feb. 19
Yesterday's Sun-Uranus link broke up something that once seemed so solid and stable and today's new moon will show you what is going to replace it. Chances are you will be delighted with this new state of affairs.

Pisces Feb. 20 - March 20
What happens over the next few days may be unsettling but if you keep your wits about you there is no reason why you should not profit from the situation. Use your Pisces sensitivity.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

3		1		2		9		8
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Difficulty Level ★★★★ 9/06

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